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Chapter 1 : theinnatdunvilla.com: Sitemap

This study covers the latent demand outlook for canned sardines excluding soups, stews, and chowders across the regions of Greater China, including provinces.

Middle Ages[edit] John, Duke of Berry enjoying a grand meal. The Duke is sitting with a cardinal at the high table, under a luxurious baldaquin , in front of the fireplace, tended to by several servants, including a carver. In French medieval cuisine , banquets were common among the aristocracy. Multiple courses would be prepared, but served in a style called service en confusion, or all at once. Food was generally eaten by hand, meats being sliced off in large pieces held between the thumb and two fingers. The sauces were highly seasoned and thick, and heavily flavored mustards were used. Pies were a common banquet item, with the crust serving primarily as a container, rather than as food itself, and it was not until the very end of the Late Middle Ages that the shortcrust pie was developed. Late spring, summer, and autumn afforded abundance, while winter meals were more sparse. Livestock were slaughtered at the beginning of winter. Beef was often salted, while pork was salted and smoked. Bacon and sausages would be smoked in the chimney, while the tongue and hams were brined and dried. Cucumbers were brined as well, while greens would be packed in jars with salt. Fruits, nuts and root vegetables would be boiled in honey for preservation. Whale, dolphin and porpoise were considered fish, so during Lent , the salted meats of these sea mammals were eaten. Poultry was kept in special yards, with pigeon and squab being reserved for the elite. Game was highly prized, but very rare, and included venison , wild boar , hare, rabbit, and birds. Kitchen gardens provided herbs, including some, such as tansy , rue , pennyroyal , and hyssop , which are rarely used today. Spices were treasured and very expensive at that time – they included pepper, cinnamon, cloves, nutmeg, and mace. Some spices used then, but no longer today in French cuisine are cubebs , long pepper both from vines similar to black pepper , grains of paradise , and galengale. Sweet-sour flavors were commonly added to dishes with vinegars and verjus combined with sugar for the affluent or honey. A common form of food preparation was to finely cook, pound and strain mixtures into fine pastes and mushes, something believed to be beneficial to make use of nutrients. Brilliant colors were obtained by the addition of, for example, juices from spinach and the green part of leeks. Yellow came from saffron or egg yolk, while red came from sunflower , and purple came from *Crotophaga tinctoria* or *Heliotropium europaeum*. Gold and silver leaf were placed on food surfaces and brushed with egg whites. Elaborate and showy dishes were the result, such as *tourte parmerienne* which was a pastry dish made to look like a castle with chicken-drumstick turrets coated with gold leaf. One of the grandest showpieces of the time was roast swan or peacock sewn back into its skin with feathers intact, the feet and beak being gilded. Since both birds are stringy, and taste unpleasant, the skin and feathers could be kept and filled with the cooked, minced and seasoned flesh of tastier birds, like goose or chicken. Taillevent worked in numerous royal kitchens during the 14th century. His first position was as a kitchen boy in His career spanned sixty-six years, and upon his death he was buried in grand style between his two wives. His tombstone represents him in armor, holding a shield with three cooking pots, marmites, on it. Those that gave French produce its characteristic identity were regulated by the guild system, which developed in the Middle Ages. In Paris, the guilds were regulated by city government as well as by the French crown. A guild restricted those in a given branch of the culinary industry to operate only within that field. The second group were those that supplied prepared foods; bakers, pastry cooks , sauce makers, poulterers, and caterers. They would supply cooked meat pies and dishes as well as raw meat and poultry. This caused issues with butchers and poulterers, who sold the same raw materials. The degrees of assistant-cook, full-fledged cook and master chef were conferred. Those who reached the level of master chef were of considerable rank in their individual industry, and enjoyed a high level of income as well as economic and job security. At times, those in the royal kitchens did fall under the guild hierarchy, but it was necessary to find them a parallel appointment based on their skills after leaving the service of the royal kitchens. His book includes the earliest known reference to roux using

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pork fat. The book contained two sections, one for meat days, and one for fasting. His recipes marked a change from the style of cookery known in the Middle Ages, to new techniques aimed at creating somewhat lighter dishes, and more modest presentations of pies as individual pastries and turnovers. The book contains menus served to the royal courts in Massialot worked mostly as a freelance cook, and was not employed by any particular household. Massialot and many other royal cooks received special privileges by association with the French royalty. They were not subject to the regulation of the guilds; therefore, they could cater weddings and banquets without restriction. His book is the first to list recipes alphabetically, perhaps a forerunner of the first culinary dictionary. It is in this book that a marinade is first seen in print, with one type for poultry and feathered game, while a second is for fish and shellfish. No quantities are listed in the recipes, which suggests that Massialot was writing for trained cooks. Definitions were also added to the edition. The edition, retitled *Le Nouveau cuisinier royal et bourgeois*, was increased to two volumes, and was written in a more elaborate style with extensive explanations of technique. Additional smaller preparations are included in this edition as well, leading to lighter preparations, and adding a third course to the meal. Ragout, a stew still central to French cookery, makes its first appearance as a single dish in this edition as well; prior to that, it was listed as a garnish. Queen Marie is also credited with introducing lentilles to the French diet. The French Revolution was integral to the expansion of French cuisine, because it abolished the guild system. This meant anyone could now produce and sell any culinary item he wished. In French provinces, bread was often consumed three times a day by the people of France. In fact, bread was so important that harvest, interruption of commerce by wars, heavy flour exploration, and prices and supply were all watched and controlled by the French Government. Among the underprivileged, constant fear of famine was always prevalent. From 1793 to 1795, there was fourteen years of bad yields to blame for low grain supply. In Bordeaux, during 1793-1795, thirty-three bad harvests occurred. The basis for his style of cooking was his sauces, which he named mother sauces. Each of these sauces was made in large quantities in his kitchen, then formed the basis of multiple derivatives. Although many of his preparations today seem extravagant, he simplified and codified an even more complex cuisine that existed beforehand. His influence began with the rise of some of the great hotels in Europe and America during the 1830s. He created a system of "parties" called the brigade system, which separated the professional kitchen into five separate stations. He published a series of articles in professional journals which outlined the sequence, and he finally published his *Livre des menus* in 1837. The significance of this is to illustrate the universal acceptance by multiple high-profile chefs to this new style of cooking. This style of cooking looked to create garnishes and sauces whose function is to add to the flavor of the dish, rather than mask flavors like the heavy sauces and ornate garnishes of the past. A second source for recipes came from existing peasant dishes that were translated into the refined techniques of haute cuisine. Expensive ingredients would replace the common ingredients, making the dishes much less humble. Many new dishes were introduced, as well as techniques. This period is also marked by the appearance of the nouvelle cuisine. The term "nouvelle cuisine" has been used many times in the history of French cuisine which emphasized the freshness, lightness and clarity of flavor and inspired by new movements in world cuisine. Some of the chefs were students of Fernand Point at the Pyramide in Vienne, and had left to open their own restaurants. Gault and Millau "discovered the formula" contained in ten characteristics of this new style of cooking. Steaming was an important trend from this characteristic. The third characteristic was that the cuisine was made with the freshest possible ingredients. Fourth, large menus were abandoned in favor of shorter menus. Fifth, strong marinades for meat and game ceased to be used. Seventh, they used regional dishes for inspiration instead of haute cuisine dishes. Eighth, new techniques were embraced and modern equipment was often used; Bocuse even used microwave ovens. Ninth, the chefs paid close attention to the dietary needs of their guests through their dishes. Tenth and finally, the chefs were extremely inventive and created new combinations and pairings.

List of French dishes There are many dishes that are considered part of French national cuisine today. Foie gras with mustard seeds and green onions in duck jus.

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Chapter 2 : The Outlook for Canned Sardines Excluding Soups, Stews, and Chowders in China

In order to estimate the latent demand for canned sardines, clams, and shrimp excluding soups, stews, and chowders across the regions and cities of China, I used a multi-stage approach. Before applying the approach, one needs a basic theory from which such estimates are created.

Food processing is the transformation of raw ingredients, by physical or chemical means into food, or of food into other forms. Food processing combines raw food ingredients to produce food products that can be easily prepared and served by the consumer. Salt-preservation was especially common for foods that constituted warrior and sailors diets until the introduction of canning methods and these tried and tested processing techniques remained essentially the same until the advent of the industrial revolution. Examples of ready-meals also date back to before the preindustrial revolution, both during ancient times and today in modern society these are considered processed foods. Modern food processing technology developed in the 19th and 20th centuries was developed in a part to serve military needs. Although initially expensive and somewhat hazardous due to the used in cans. Pasteurization, discovered by Louis Pasteur in , improved the quality of preserved foods and introduced the wine, beer, in the late 20th century, products such as dried instant soups, reconstituted fruits and juices, and self cooking meals such as MRE food ration were developed. In western Europe and North America, the half of the 20th century witnessed a rise in the pursuit of convenience. Food processing companies marketed their products especially towards middle-class working wives, frozen foods found their success in sales of juice concentrates and TV dinners. Processors utilised the perceived value of time to appeal to the population. Benefits of food processing include toxin removal, preservation, easing marketing and distribution tasks, modern supermarkets would not exist without modern food processing techniques, and long voyages would not be possible. Processed foods are less susceptible to early spoilage than fresh foods and are better suited for long distance transportation from the source to the consumer. When they were first introduced, some processed foods helped to alleviate food shortages, processing can also reduce the incidence of food borne disease. Fresh materials, such as produce and raw meats, are more likely to harbour pathogenic micro-organisms capable of causing serious illnesses. The extremely varied modern diet is only possible on a wide scale because of food processing. Transportation of more exotic foods, as well as the elimination of much hard labour gives the modern eater easy access to a variety of food unimaginable to their ancestors. The act of processing can often improve the taste of food significantly, mass production of food is much cheaper overall than individual production of meals from raw ingredients. Therefore, a profit potential exists for the manufacturers and suppliers of processed food products

2. It lies one degree north of the equator, at the tip of peninsular Malaysia. Singapore's territory consists of one island along with 62 other islets. During the Second World War, Singapore was occupied by Japan, after early years of turbulence, and despite lacking natural resources and a hinterland, the nation developed rapidly as an Asian Tiger economy, based on external trade and its workforce. Singapore is a global commerce, finance and transport hub, the country has also been identified as a tax haven. Singapore ranks 5th internationally and first in Asia on the UN Human Development Index and it is ranked highly in education, healthcare, life expectancy, quality of life, personal safety, and housing, but does not fare well on the Democracy index. There are four languages on the island, Malay, Mandarin, Tamil. English is its language, most Singaporeans are bilingual. Singapore is a multiparty parliamentary republic, with a Westminster system of unicameral parliamentary government. The Peoples Action Party has won every election since self-government in , however, it is unlikely that lions ever lived on the island, Sang Nila Utama, the Srivijayan prince said to have founded and named the island Singapura, perhaps saw a Malayan tiger. There are however other suggestions for the origin of the name, the central island has also been called Pulau Ujong as far back as the third century CE, literally island at the end in Malay. In , Portuguese raiders burned down the settlement, which by then was part of the Johor Sultanate. The wider maritime region and much trade was under Dutch control for the

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following period, in the entire island, as well as the Temenggong, became a British possession after a further treaty with the Sultan. In 1819, Singapore became part of the Straits Settlements, under the jurisdiction of British India, prior to Raffles arrival, there were only about a thousand people living on the island, mostly indigenous Malays along with a handful of Chinese. By the 1820s, the population had swelled to over 80,000, many of these early immigrants came to work on the pepper and gambier plantations.

3. Malaysia – Malaysia is a federal constitutional monarchy located in Southeast Asia. Peninsular Malaysia shares a land and maritime border with Thailand and maritime borders with Singapore, Vietnam, East Malaysia shares land and maritime borders with Brunei and Indonesia and a maritime border with the Philippines and Vietnam. The capital city is Kuala Lumpur, while Putrajaya is the seat of the federal government, with a population of over 30 million, Malaysia is the 44th most populous country. The southernmost point of continental Eurasia, Tanjung Piai, is in Malaysia, located in the tropics, Malaysia is one of 17 megadiverse countries on earth, with large numbers of endemic species. Malaysia has its origins in the Malay kingdoms present in the area which, from the 18th century, the first British territories were known as the Straits Settlements, whose establishment was followed by the Malay kingdoms becoming British protectorates. The territories on Peninsular Malaysia were first unified as the Malayan Union in 1946, Malaya was restructured as the Federation of Malaya in 1958, and achieved independence on 31 August 1957. Malaya united with North Borneo, Sarawak, and Singapore on 16 September 1963 to become Malaysia, less than two years later in 1965, Singapore was expelled from the federation. The country is multi-ethnic and multi-cultural, which plays a role in politics. About half the population is ethnically Malay, with minorities of Malaysian Chinese, Malaysian Indians. The constitution declares Islam the state religion while allowing freedom of religion for non-Muslims, the government system is closely modelled on the Westminster parliamentary system and the legal system is based on common law. The head of state is the king, known as the Yang di-Pertuan Agong and he is an elected monarch chosen from the hereditary rulers of the nine Malay states every five years. The head of government is the prime minister, since its independence, Malaysia has had one of the best economic records in Asia, with its GDP growing at an average of 6% per year. The economy has traditionally been fuelled by its resources, but is expanding in the sectors of science, tourism, commerce. The word *melayu* in Malay may derive from the Tamil words *malai* and *ur* meaning mountain and city, land, *malayadvipa* was the word used by ancient Indian traders when referring to the Malay Peninsula. This term was applied to describe the current of the river *Melayu* in Sumatra. The name was adopted by the *Melayu Kingdom* that existed in the seventh century on Sumatra.

4. Thailand – Thailand, officially the Kingdom of Thailand, formerly known as Siam, is a country at the centre of the Indochinese peninsula in Southeast Asia. With a total area of approximately 513,120 km², Thailand is the world's 51st-largest country and it is the 20th-most-populous country in the world, with around 66 million people. The capital and largest city is Bangkok, Thailand is a constitutional monarchy and has switched between parliamentary democracy and military junta for decades, the latest coup being in May 2014 by the National Council for Peace and Order. Its capital and most populous city is Bangkok and its maritime boundaries include Vietnam in the Gulf of Thailand to the southeast, and Indonesia and India on the Andaman Sea to the southwest. The Thai economy is the world's 20th largest by GDP at PPP and it became a newly industrialised country and a major exporter in the 1980s. Manufacturing, agriculture, and tourism are leading sectors of the economy and it is considered a middle power in the region and around the world. The country has always been called *Mueang Thai* by its citizens, by outsiders prior to 1949, it was usually known by the exonym *Siam*. Thailand was renamed *Siam* from 11 May 1939, after which it reverted to *Thailand*. Etymologically, its components are, *ratcha*, -ana- -chak, the Thai National Anthem, written by Luang Saranupraphan during the extremely patriotic 1930s, refers to the Thai nation as, *prathet Thai*. The first line of the anthem is, *prathet thai ruam lueat nuea chat chuea thai*, Thailand is the unity of Thai flesh. There is evidence of habitation in Thailand that has been dated at 40,000 years before the present. Similar to other regions in Southeast Asia, Thailand was heavily influenced by the culture and religions of India, Thailand in its earliest days was under the rule of the Khmer Empire, which had strong Hindu roots, and the influence among Thais remains even today. The Menam Basin was originally populated by the Mons, and the

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location of Dvaravati in the 7th century, the History of the Yuan mentions an embassy from the kingdom of Sukhothai in 5. Brunei – Brunei, officially the Nation of Brunei, the Abode of Peace, is a sovereign state located on the north coast of the island of Borneo in Southeast Asia. Apart from its coastline with the South China Sea, the country is surrounded by the state of Sarawak. It is separated into two parts by the Sarawak district of Limbang, Brunei is the only sovereign state completely on the island of Borneo, the remainder of the islands territory is divided between the nations of Malaysia and Indonesia. Bruneis population was , in July , the maritime state was visited by Spains Magellan Expedition in and fought against Spain in the Castille War. In , Brunei became a British protectorate and was assigned a British resident as colonial manager in , after the Japanese occupation during World War II, in a new constitution was written. In , an armed rebellion against the monarchy was ended with the help of the British. It has developed wealth from petroleum and natural gas fields. Brunei has the second-highest Human Development Index among the Southeast Asian nations, after Singapore, according to the International Monetary Fund, Brunei is ranked fifth in the world by gross domestic product per capita at purchasing power parity. Forbes also ranks Brunei as the fifth-richest nation out of , based on its petroleum, according to legend, Brunei was founded by Awang Alak Betatar, later to be Sultan Muhammad Shah. He moved from Garang, a place in the Temburong District to the Brunei River estuary, according to legend, upon landing he exclaimed, Baru nah, from which the name Brunei was derived. He was the first Muslim ruler of Brunei, before the rise of the Bruneian Empire under the Muslim Bolkia Dynasty, Brunei is believed to have been under Buddhist rulers. In the countrys name, Negara Brunei Darussalam, darussalam means abode of peace. The people are pagans and are men of goodwill and their colour is whiter than that of the other sort. One of the earliest Chinese records is the AD letter to Chinese emperor from the ruler of Po-ni, which some scholars believe to refer to Borneo 6. Indonesia – Indonesia, officially the Republic of Indonesia, is a unitary sovereign state and transcontinental country located mainly in Southeast Asia with some territories in Oceania. Situated between the Indian and Pacific oceans, it is the worlds largest island country, with more than seventeen thousand islands. At 1,, square kilometres, Indonesia is the worlds 14th-largest country in terms of area and worlds 7th-largest country in terms of combined sea. It has a population of over million people and is the worlds fourth most populous country. The worlds most populous island, Java, contains more than half of the countrys population, Indonesias republican form of government includes an elected legislature and president. Indonesia has 34 provinces, of which five have Special Administrative status and its capital and countrys most populous city is Jakarta, which is also the most populous city in Southeast Asia and the second in Asia. Despite its large population and densely populated regions, Indonesia has vast areas of wilderness that support the second highest level of biodiversity. The country has abundant natural resources like oil and natural gas, tin, copper, agriculture mainly produces rice, palm oil, tea, coffee, cacao, medicinal plants, spices and rubber. Indonesias major trading partners are Japan, United States, China, the Indonesian archipelago has been an important region for trade since at least the 7th century, when Srivijaya and then later Majapahit traded with China and India. Local rulers gradually absorbed foreign cultural, religious and political models from the early centuries CE, Indonesian history has been influenced by foreign powers drawn to its natural resources. Indonesia consists of hundreds of native ethnic and linguistic groups. The largest – and politically dominant – ethnic group are the Javanese, a shared identity has developed, defined by a national language, ethnic diversity, religious pluralism within a Muslim-majority population, and a history of colonialism and rebellion against it. Indonesias national motto, Bhinneka Tunggal Ika, articulates the diversity that shapes the country, Indonesias economy is the worlds 16th largest by nominal GDP and the 8th largest by GDP at PPP, the largest in Southeast Asia, and is considered an emerging market and newly industrialised country. Indonesia has been a member of the United Nations since , Indonesia is a member of the G20 major economies and World Trade Organization. In , George Windsor Earl, an English ethnologist, proposed the terms Indunesians – and, his preference, in the same publication, one of his students, James Richardson Logan, used Indonesia as a synonym for Indian Archipelago. Macau lies across the delta to the west, and the Chinese province of Guangdong borders the territory to the north. With a

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total area of 1, square kilometres. Hong Kong was later occupied by Japan during World War II until British control resumed in 1945, under the principle of one country, two systems, Hong Kong maintains a separate political and economic system from China. Except in military defence and foreign affairs, Hong Kong maintains its independent executive, legislative, in addition, Hong Kong develops relations directly with foreign states and international organisations in a broad range of appropriate fields. Hong Kong is one of the worlds most significant financial centres, with the highest Financial Development Index score and consistently ranks as the worlds most competitive and freest economic entity. As the worlds 8th largest trading entity, its legal tender, Hong Kongs tertiary sector dominated economy is characterised by simple taxation with a competitive level of corporate tax and supported by its independent judiciary system. However, while Hong Kong has one of the highest per capita incomes in the world and it has a very high Human Development Index ranking and the worlds longest life expectancy. Seasonal air pollution with origins from neighbouring areas of Mainland China. Hong Kong was officially recorded in the Treaty of Nanking to encompass the entirety of the island, before 1842, the name referred to a small inletâ€”now Aberdeen Harbour, literally means Little Hong Kong â€”between Aberdeen Island and the southern coast of Hong Kong Island.

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Chapter 3 : Philip M. Parker | LibraryThing

This study covers the world outlook for canned sardines excluding soups, stews, and chowders across more than countries. For each year reported, estimates are given for the latent demand, or potential industry earnings (P.I.E.), for the country in question (in millions of U.S. dollars), the percent share the country is of the region and of the globe.

Its closest point to the other Atlantic provinces is Cape Breton Island, a five-hour ferry ride away. Cape Breton Island itself lies off the northeast end of Nova Scotia, attached to it since the s by a causeway. The other most noticeable geographSea caves at St. Lawrence, which cuts Newfoundland off from Quebec. The rest of the terrain is gently rolling and fairly low, except for the northern part of Cape Breton Island, where the highlands rise to low, but rugged mountains. Prince Edward Island is fairly flat, its hills gentle and covered with a patchwork of green fields and meadows. History Before the Europeans arrived, the Micmac people fished along the shores and hunted the inland forests of what is now New Brunswick. Calling it Acadia, the French spread settlements along the west shore of Nova Scotia. Early contacts between the Europeans and the Native Peoples were generally friendly. Europeans introduced more efficient tools, and natives taught the Europeans how to survive in their new environment, and traded them highly prized furs. But new settlers brought competition for land, as well as Euro- Introduction tia. What Newfoundland and Labrador lack in beaches the water there is not warm , they more than make up in breathtaking coastal scenery. In this book we generally use the more common spelling of Micmac, unless the word is part of a proper name or title where it is spelled differently. In the early s, France was well ahead of Britain in the struggle to control the new territory. Adventurous French fur traders, explorers and missionaries had advanced into much of the eastern half of the continent, and their colonial empire “ New France ” included most of what is now New Brunswick, Prince Edward Island and Nova Scotia. By the early s, the British controlled a number of areas, including Acadia, which France ceded to them in although the French farmers remained on their land and France kept Cape Breton Island. Britain and France were, by , rivals for colonial empires around the world: British colonies in Canada had grown faster than the French ones and had 30 times as many people. As skirmishes increased, the French made alliances with the Native peoples. As the likelihood of war grew stronger, the British expelled the Acadian farmers who had remained in Nova Scotia after the French ceded it to Britain, fearing that they would side with the French and form the nucleus of an underground resistance. Many of these French settlers moved west into what is now New Brunswick; others fled to Louisiana. Gradually the French fell back and in they found themselves assailed on their major fronts. To help recover the costs of the long war, the British government raised taxes on goods imported into the American colonies. The colonists rebelled, expecting the newly conquered French in the north to join them in revolution. But only a handful did; most fought shoulder-to-shoulder with their British former enemies. After the War of , Britain and the Getting Around n 5 One of the side effects of the American Revolution was an influx of Englishspeaking immigrants into Canada from the American colonies: Borders made trade difficult among the Canadian colonies and, in , representatives of each met in Charlottetown, Prince Edward Island PEI , to discuss confederation. In , the British Parliament created a federal union of Canada. Nova Scotia and New Brunswick hesitated over whether to remain separate, join the United States, or merge with Canada, but finally voted to merge. Getting Around Eastern Canada is an easy place to reach. Many people like to take the ferry one way and drive along the Quoddy and Fundy shores on the other, forming a circle of diverse land and seascapes. Flying is a faster way to get here, with most flights routed through the hub at Halifax, from which you can fly to all the other major cities and areas. Car rental is available at all airports, although you should reserve a car well in advance during busy July and August. They have locations in both provinces. Introduction young United States agreed on a border between the United States and the northernmost group of colonies, by then known as Canada. Rules of the road are pretty much the same in Atlantic Canada as they are in the United States, with international road symbols used in most places. Distances on road signs and maps are shown in kilometers, and if you rent a car

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there, its odometer and speedometer will be also be in kilometers. When people tell you how far something is, they may use miles, even though metric is the official measure. To make your travels easier, we have provided the following chart showing metric equivalents for measurements you are familiar with. To translate longer distances, drop the last digit and multiply the rest by six. The good news is very good indeed, for people from the United States traveling in Canada. Recently, the rate has often been even more favorable to Americans. Before you start planning how to spend all that extra money, hear the bad news. Federal and Provincial sales taxes in Canada, although they vary by province, are horrendous. A Value-Added Tax the most regressive form of taxation ever dreamed up by a greedy government eats up much of the exchange advantage, levying additional fees on everything, even postage stamps and parking tickets. Although there are ways to get some of it back – usually only on major purchases of actual goods, not services – these are awkward and return only a portion. A friend of ours actually lost money trying to recover her taxes, since the re- Adventures n 7

Adventures In the last decade or so the definition of adventure travel has moved from lifethreatening to life-enriching. While Atlantic Canada has cliffs nearly a half-mile high that you could fall off the face of, we give our readers credit for recognizing such places as dangerous and not leaning over the edge. Many of you will skip over them and get right on to the adventures. It might be watching chimney swifts return home in the evening in a great cyclone-shaped whirl. Or it might be seeing your first puffin up close and personal. It could be riding on a sailboat in Passamaquoddy Bay, or going for a sleigh ride along the Miramichi, or watching salmon jump a falls, or learning to walk on snowshoes with a Micmac teacher. It might even be trying your hand – or eye – at spotting one of the local takes on Nessie, reputed to live here in at least two lakes. Several types of adventures either require that you be able to read a topographical map or would be a lot easier or more interesting with one in hand. They are quite easy to read, and we suggest you study one – perhaps of an area you are already familiar with, such as your own neighborhood – before you need to use one in the woods. When the lines are close together it means the land rises and falls steeply. When they are widely spaced the land is nearly level. The interval between those levels varies with each map, and is written in the map key. When you see a lot of roughly concentric lines that form a group of sloppy circles, this usually indicates a mountain elsewhere, this could indicate a crater, but not in Atlantic Canada. Now for the interesting part. When you see a lot of lines close together forming a series of V-shapes, you have a ravine. You will usually see a blue river or stream line running through the points of the Vs, and you can tell which way it flows because the Vs will point upstream. Occasionally you may see a series of Vs without a river, Introduction funds came in two checks – one from the Federal government and one from the province. It is important to know that these maps are oriented to true north the North Pole , not to magnetic north. You will need to orient your map with your compass to make this adjustment. Since many of the best adventure activities are centered around these parks, this could be a good investment, equal to about three four-day passes or 10 single-day entrance fees. With one park on Prince Edward Island and two parks in New Brunswick, you have a lot of places and activities to choose from. If you plan to do any fishing, you can also buy a fishing license at any national park that is good at the other national parks as well. Trails lead through all sorts of environments, from highland bogs and moors to wave-swept seashores and beside wilderness lakes. Some are wide multi-purpose paths shared with cyclists, others rough and hard to find even with the help of trail blazes. The tips below will make your hikes and walks safer, both for you and for the environment. Weather in the Atlantic Provinces is unpredictable and can change drastically within a few hours. Always be prepared for rain. Wear boots on rough trails or for long hikes and climbs. Always tell someone your planned route and the approximate time you expect to return. If you do not have traveling companions other than those who will be on the trail with you, check in at the park headquarters, campground office or local RCMP Royal Canadian Mounted Police station, or tell your hosts at a hotel or inn. Investigate the difficulty of the trails and the steepness of the ascent before you take a trail. Adventures n 9 n Listen to a weather report for the time you expect to be on the trail. Check trail conditions locally, especially in times of sever drought or if there has been heavy rain recently. During wet weather, trails which require fording rivers are sometimes closed due to deep

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water or heavy currents. During dry spells, woods may be closed to hikers as a forest fire prevention measure. Stay on trails, especially in steep areas where erosion is likely, to avoid damaging trailside plants. Carry litter out with you. Wear light-colored clothing and use a repellent designed for deep woods. Much of the trail uses the abandoned CN rail lines and, while making it into an all-purpose trail may sound easy, it actually involves a lot of work and planning, not to mention money. Bridges are a primary problem, since the railroad bridges must be replaced with appropriate smaller crossings. The trailbed is level and usually fairly easy to reclaim, but needs resurfacing with foot- and wheel-friendly materials. Where the trail passes through long wilderness stretches, shelters are being constructed. Since the work is being done by local volunteer committees, these wilderness areas present the greatest obstacle. When completed, it will be the longest trail in the world, stretching from sea to sea; it will be used by hikers, cyclists, skiers, horseback riders, and â€” in some areas â€” by snowmobilers. In some places, its location makes it useful as a canoe portage and access route. Its level, smooth surface will make it accessible to those in wheelchairs and others unable to travel on rough woodland trails. It has, we think, the greatest appeal to cyclists, providing a traffic-free route with a dependable surface. If anything, it is usually too straight, and therefore less interesting than winding country roads, but it passes directly through towns, so cyclists have good access to services, including accommodations, close to the trail. Local outfitters have quickly seen the potential for adventure travelers; in Edmundston, New Brunswick, you can bicycle north along the trail and return by canoe, with an outfitter meeting you at the far end to swap vehicles. Introduction n Carry basic first aid equipment, especially on overnight trips. Some require that it be boxed or bagged; some even provide a specially designed carton. The following suggestions may help you disassemble and pack your bike: As you do this, tie up the loose chain.

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Chapter 4 : Ayam Brand - WikiVisually

In particular, we are considering the latent demand for canned sardines excluding soups, stews, and chowders across the regions and cities of China. The smallest cities have few inhabitants. I assume that all of these cities fall along a "long-run" aggregate consumption function.

Sample Livits and Meal Plan Helper 12 Grocery Shopping 13 Livit Snacks Appendix Actions That Will Save Your Life Subject Index Recipe Index Contents ix This page intentionally left blank Acknowledgments I wish to thank my two boys, Hayden and Eitan, for letting me sleep through the night most of the time and for all the joy and laughter they add to my life; my mother, for always being excited to hear what I have to say about nutrition and applying it right away in her own life; my brother, Dr. Survey respondents believed that personal actions—such as keeping a positive outlook, exercising regularly, eating nutritious foods, and keeping stress to a minimum—were important to remaining healthy as they aged. They want to live with health and vitality and benefit from the many scientific breakthroughs now on the horizon. The CDC also found that people who were 65 years of age or older were more likely than any other group to eat five or more servings of fruits and vegetables each day. The SuperFoods That Will Save Your Life is designed to be a one-stop nutritional wellness resource, providing expert, professional guidance on choosing—and enjoying—nutritious foods as part of a proactive approach that can add years to your life. The plan is realistic, emphasizing—and encouraging you to make—small incremental changes that are effective and contribute to long-term health. This book is a Livit—instead of a diet—that will allow you to improve your health without feeling deprived. How does a Livit differ from a diet? A diet includes a long list of what not to eat often excluding whole categories of foods, as in the no-fat and no-carbohydrate fads of the past 20 years and restricts your daily caloric intake to below your resting metabolic rate. When you eat less than your body needs for survival, your metabolism goes into a hibernation mode that increases fat storage, causes water loss, and breaks down muscle and organ tissue. This is not a good long-term strategy for health—or even for achieving or maintaining a healthy weight! A Livit is a way of life that you can follow for life. You do not need to deprive yourself calorically or be self-denying in your food choices to begin eating more life-sustaining foods. The foods in this book are organized into categories to emphasize balanced eating and what that really means—balancing carbohydrates, proteins, and fat sources. Balancing these three vital classes of nutrients sustains your energy throughout the day and helps stabilize glucose sugar levels, which contributes to preventing and controlling heart disease, diabetes, and obesity. Our brain, muscles, and organs all require glucose to function, and carbohydrates are the best place to get it. Although many popular weight-loss diets are based on cutting carbohydrates, this macronutrient is essential for optimal metabolism and health. When the body does not get enough carbohydrates from food, it has to convert protein into glucose, which is a very inefficient process. It also releases excess nitrogen, which the liver and kidneys must work overtime to process and excrete. The bottom line is this: Eliminating food groups is not a healthy choice. Whole grains and other high-fiber carbs tend to include some protein too. Vegetables are listed under carbohydrates, but their essential role in healthy eating is to provide vitamins, minerals, and fiber. They are not a very efficient source of carbohydrate fuel and need to be balanced with fruits or starches that will provide more energy. The next chapter focuses on protein foods, which are the sustainers—they provide the materials to rebuild muscles and organs, sustaining us in the long run. Because they are absorbed more slowly than carbohydrate foods, they help provide sustained energy throughout the day. For example, fruit takes about an hour to digest, whereas cheese or nuts, with their higher fat and protein content, take three to four hours to digest. For sustained energy, have cheese or nuts along with your fruit or other carbs. The fruit will keep you from being hungry again in an hour, while the protein foods will stretch your energy out over the next three to four hours—definitely a more efficient use of your eating time! Aim to limit meat consumption so that animal protein plays a central role in, at most, one meal a day. If you eat a turkey sandwich at lunch, try to have a

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vegetable protein source at dinner. Although fish is an animal protein, many types of fish are low in saturated fat and are such a great source of omega-3 fatty acids that I do not count them against the meat total for the day. Fats are our satisfier. The third macronutrient in our balancing act, fat is the most slowly digested, keeping us satisfied longer and slowing the absorption of the glucose in carbohydrate foods. Dietary fat is essential for hormonal balance, insulation of our skin and nerves, and healthy skin and hair. This book provides not only the nutritional content and special health benefits of each food, but also ways to incorporate the foods into a healthier approach to eating—from grocery lists to meal plans. Learn easy ways to increase your overall health through food choices—

increase metabolism and immunity, understand the benefits of fiber, discover what to watch for on food labels, learn alternatives for coping with food intolerance and food allergies, and find out which foods have antiinflammatory properties that may be the key to preventing disease. The SuperFoods That Will Save Your Life demonstrates the power you have to be proactive and to make specific food choices that will help you live younger, longer. Read on to unlock the secrets to increasing your energy, helping prevent disease, and attaining optimal health—one bite at a time!

Fruits Eating more fruit is an easy strategy for increasing your antioxidant intake and decreasing oxidative stress, which could reduce your risk of cancer. Although fruits are packed with vitamins, minerals, fiber, and water, their reputation has suffered lately because most fruits contain a fair proportion of carbohydrate—and that carbohydrate is mostly sugar. It has too much sugar. Fruit is one of the two main dietary sources along with vegetables of antioxidants that boost your immune system and help prevent disease. The sugar and other carbohydrates in fruit make it a great fuel source, keeping us energized throughout the day. All fruits are healthy for us, but the best ones are those with the most fiber. Eating the skin and seeds amps up your fiber intake, and the skin and the seeds contain most of the antioxidants, vitamins, and minerals. The palm produces a small, deep purple fruit that is one of the primary foodstuffs for native people living in the Amazon region of Brazil where it is harvested. It has ten times the anthocyanins of red wine. It also has a protein profile similar to egg whites. However, it is most commonly found as a reconstituted freeze-dried pulp, both at health food stores and online from several vendors. Pour the mixture into a bowl and chill. Sprinkle granola and fresh fruit over the top before serving. A study showed a genuine difference in the nutrient content of organic and conventional crops. The study also found some evidence that the organic foods contained more nutritionally significant minerals and lower amounts of some heavy metals, but these results were too small to be conclusive. Conventionally grown fruits and vegetables provide many, if not most, of the benefits of their organic counterparts. In laboratory studies, quercetin reduces allergic reactions and inflammation, and it has demonstrated some potential to limit the growth of tumors. It may also reduce symptoms in chronic prostatitis and interstitial cystitis. A study in found that cyclists given quercetin during a regimen involving three hours of bicycling per day developed fewer respiratory tract infections than a control group that did not get the supplement. Apples have long been appreciated for their keeping qualities—stored in a cool and dry cellar or barn, they provided crisp, fresh flavor throughout the winter even in the days before refrigeration. Today, properly refrigerated, they will keep for months. Apples are also a good source of pectin, a soluble dietary fiber that helps lower cholesterol and is useful for relieving both constipation and diarrhea. And they contain alpha hydroxy acids, so you can even use apples as an exfoliating masque for your skin. Unsweetened organic applesauce makes a great snack by itself and can replace oil and fats in baked goods. I use applesauce in place of the oil in my oat bran muffins, making them much more moist and tasty—and lower in fat and calories—than muffins made with oil. You may need to choose semiorganic apples to encourage local growers. Cover, and cook over low to medium heat until the apples are tender. Be careful when blending; applesauce holds heat. Heat until the mixture just begins to boil, then remove from heat. Add the chocolate chips and vanilla, and stir until the chocolate has melted. Pour the mixture into a large bowl. Gradually stir the dry ingredients into the chocolate batter. Spread the batter into the pan. Bake for 50 minutes. Cool and cut into squares. Both fresh and dried, this fruit provides plenty of vitamin A, potassium, beta-carotene, and iron. In addition, a fresh apricot provides 17 percent of the recommended daily allowance of vitamin C. Dried apricots, high in dietary

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fiber, provide nearly a gram of fiber in just three halves. Fiber is essential for intestinal health, but most Americans consume less than 10 grams per day. Include apricots in your diet as a delicious way to add to your fiber intake. **Bringing It Home** Choose organic raw apricots and unsulfured dried apricots. Commercially grown dried apricots may be treated with sulfur dioxide gas during processing to keep their color bright or with sulfites to extend shelf life. An estimated one out of every people and perhaps as many as five percent of people with asthma are sensitive to sulfites and may have an adverse reaction to them. Add sliced apricots—either fresh or dried—to hot or cold cereal, or add chopped apricots to the batter the next time you make whole grain pancakes. Give a Middle Eastern flavor to chicken or vegetable stews with the addition of dried, diced apricots. Add fresh apricots to green salads when they are in season, or add chopped apricots to rice or bean salads. Pack a plastic zipper bag of apricots and almonds in your briefcase or gym bag for a handy snack. Bake for 1 hour. Season to taste with lemon pepper and a dash of sea salt. Only 10 to 15 percent of the bananas grown are for export. Plantains, which have become more readily available in recent years, are banana varieties intended for cooking, and they tend to be less sweet and more starchy. But they are an incredibly rich source of potassium, vital for regulating blood pressure and a factor in preventing heart disease, stroke, and muscle cramps. One medium banana provides more potassium by weight than practically any other fruit. Most of us can afford the 15 grams of carbohydrate found in half a banana in exchange for its nutrient benefits, given that Americans typically get only about half the recommended daily intake of potassium. The history of banana exports has been fraught with exploitation, so try to choose fair trade bananas, whose growers are more fairly compensated. If your bananas are too green when you buy them, put them in a brown paper bag, which traps the ethylene gas that fruits exhale and quickens the ripening process. Peel ripe bananas, break them into four or five pieces, and store them in the freezer. Add one to a smoothie for a little extra potassium and fiber. Use overripe bananas for baking. Add the liquid mixture to the dry ingredients, stirring just enough to blend.

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Chapter 5 : French cuisine - Wikipedia

Zanzibar Social Security Fund was established under the Zanzibar Security Fund Act No. 2 of subsequently amended by the Zanzibar Social Security Fund Act No. 9 of and re-enacted by the Act No. 2 of

Table of contents This study covers the latent demand outlook for canned sardines excluding soups, stews, and chowders across the regions of China, including provinces, autonomous regions Guangxi, Nei Mongol, Ningxia, Xinjiang, Xizang - Tibet , municipalities Beijing, Chongqing, Shanghai, and Tianjin , special administrative regions Hong Kong and Macau , and Taiwan all hereafter referred to as "regions". Latent demand in millions of U. For each major city in question, the percent share the city is of the region and of China is reported. Each major city is defined as an area of "economic population", as opposed to the demographic population within a legal geographic boundary. For many cities, the economic population is much larger than the population within the city limits; this is especially true for the cities of the Western regions. For the coastal regions, cities which are close to other major cities or which represent, by themselves, a high percent of the regional population, actual city-level population is closer to the economic population e. This exercise is quite useful for persons setting up distribution centers or sales force strategies. Using econometric models which project fundamental economic dynamics within each region and city of influence, latent demand estimates are created for canned sardines excluding soups, stews, and chowders. This report does not discuss the specific players in the market serving the latent demand, nor specific details at the product level. The study also does not consider short-term cyclicalities that might affect realized sales. The study, therefore, is strategic in nature, taking an aggregate and long-run view, irrespective of the players or products involved. This study does not report actual sales data which are simply unavailable, in a comparable or consistent manner in virtually all cities in China. This study gives, however, my estimates for the latent demand, or potential industry earnings P. It also shows how the P. For each region, I also show my estimates of how the P. In order to make these estimates, a multi-stage methodology was employed that is often taught in courses on strategic planning at graduate schools of business. Another reason why sales do not equate to latent demand is exchange rates. In this report, all figures assume the long-run efficiency of currency markets. Figures, therefore, equate values based on purchasing power parities across geographies. Short-run distortions in the value of the dollar, therefore, do not figure into the estimates. Purchasing power parity estimates were collected from official sources, and extrapolated using standard econometric models. The report uses the dollar as the currency of comparison, but not as a measure of transaction volume. The units used in this report are: Before applying the approach, one needs a basic theory from which such estimates are created. In this case, I heavily rely on the use of certain basic economic assumptions. In particular, there is an assumption governing the shape and type of aggregate latent demand functions. Latent demand functions relate the income of a region, city, state, household, or individual to realized consumption. Latent demand often realized as consumption when an industry is efficient , at any level of the value chain, takes place if an equilibrium is realized. For firms to serve a market, they must perceive a latent demand and be able to serve that demand at a minimal return. The single most important variable determining consumption, assuming latent demand exists, is income or other financial resources at higher levels of the value chain. Other factors that can pivot or shape demand curves include external or exogenous shocks i. Ignoring, for the moment, exogenous shocks and variations in utility across geographies, the aggregate relation between income and consumption has been a central theme in economics. The figure below concisely summarizes one aspect of problem. In the s, John Meynard Keynes conjectured that as incomes rise, the average propensity to consume would fall. The average propensity to consume is the level of consumption divided by the level of income, or the slope of the line from the origin to the consumption function. He estimated this relationship empirically and found it to be true in the short-run mostly based on cross-sectional data. The higher the income, the lower the average propensity to consume. This type of consumption function is shown as "B" in the figure below note the rather flat slope of

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the curve. In the s, another macroeconomist, Simon Kuznets, estimated long-run consumption functions which indicated that the marginal propensity to consume was rather constant using time series data. This type of consumption function is show as "B" in the figure below note the higher slope and zero-zero intercept. The average propensity to consume is constant. For a general overview of this subject area, see Principles of Macroeconomics by N. Is it declining or is it constant? A number of other economists, notably Franco Modigliani and Milton Friedman, in the s and Irving Fisher earlier , explained why the two functions were different using various assumptions on intertemporal budget constraints, savings, and wealth. The shorter the time horizon, the more consumption can depend on wealth earned in previous years and business cycles. In the long-run, however, the propensity to consume is more constant. Similarly, in the long run, households with no income eventually have no consumption wealth is depleted. While the debate surrounding beliefs about how income and consumption are related is interesting, in this study a very particular school of thought is adopted. In particular, we are considering the latent demand for canned sardines excluding soups, stews, and chowders across the regions and cities of China. The smallest cities have few inhabitants. I assume that all of these cities fall along a "long-run" aggregate consumption function. This long-run function applies despite some of these regions having wealth; current income dominates the latent demand for canned sardines excluding soups, stews, and chowders. So, latent demand in the long-run has a zero intercept. However, I allow different propensities to consume including being on consumption functions with differing slopes, which can account for differences in industrial organization, and end-user preferences. Given this overriding philosophy, I will now describe the methodology used to create the latent demand estimates for canned sardines excluding soups, stews, and chowders. Since ICON Group has asked me to apply this methodology to a large number of categories, the rather academic discussion below is general and can be applied to a wide variety of categories and geographic locations, not just canned sardines excluding soups, stews, and chowders in China. Having implemented various alternatives and matched these with market outcomes, I have found that the optimal approach is to assume that certain key indicators are more likely to reflect efficiency than others. These indicators are given greater weight than others in the estimation of latent demand compared to others for which no known data are available. Of the many alternatives, I have found the assumption that the highest aggregate income and highest income-per-capita markets reflect the best standards for "efficiency". High aggregate income alone is not sufficient i. Aggregate income can be operationalized in a number of ways, including gross domestic product for industrial categories , or total disposable income for household categories; population times average income per capita, or number of households times average household income. Latent demand is therefore estimated using data collected for relatively efficient markets from independent data sources e. Depending on original data sources used, the definition of canned sardines excluding soups, stews, and chowders is established. In the case of this report, the data were reported at the aggregate level, with no further breakdown or definition. Public sources rarely report data at the disaggregated level in order to protect private information from individual firms that might dominate a specific product-market. These sources will therefore aggregate across components of a category and report only the aggregate to the public. While private data are certainly available, this report only relies on public data at the aggregate level without reliance on the summation of various category components. In other words, this report does not aggregate a number of components to arrive at the "whole". Rather, it starts with the "whole", and estimates the whole for all regions and cities in China without needing to know the specific parts that went into the whole in the first place. Given this caveat, this study covers canned sardines excluding soups, stews, and chowders as defined by the North American Industrial Classification system or NAICS pronounced "nakes". It is for this definition that aggregate latent demand estimates are derived. Canned sardines excluding soups, stews, and chowders is specifically defined as follows: Department of Commerce, the U. Industrial Outlook, and various public sources cited in the trade press. This generates a convenience sample of indicators from which comparable figures are available. If the series in question do not reflect the same accounting period, then adjustments are made. In order to eliminate short-term effects of business cycles, the series are

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smoothed using a 2-year moving average weighting scheme longer weighting schemes do not substantially change the results. If data are available for a geographic region, but these reflect short-run aberrations due to exogenous shocks such as would be the case of beef sales in a region or city stricken with foot and mouth disease, these observations were dropped or "filtered" from the analysis. In other cases, data may be available for only one year. From a Bayesian perspective, these observations should be given greatest weight in estimating missing years. Assuming that other factors are held constant, the missing years are extrapolated using changes and growth in aggregate national, regional, and city-level income. Based on the overriding philosophy of a long-run consumption function defined earlier, regions and cities which have missing data for any given year, are estimated based on historical dynamics of aggregate income for that geographic entity. The interested reader can find longer discussions of this type of modeling in *Studies in Global Econometrics Advanced Studies in Theoretical and Applied Econometrics V*. Simply stated, the effect of income on latent demand is assumed to be constant unless there is empirical evidence to suggest that this effect varies i . This assumption applies along the aggregate consumption function, but also over time i . Another way of looking at this is to say that latent demand for canned sardines excluding soups, stews, and chowders is more likely to be similar across regions or cities that have similar characteristics in terms of economic development. This approach is useful across geographic regions for which some notion of non-linearity exists in the aggregate cross-region consumption function. Because the China consists of more than 1, cities, there will always be those cities, especially toward the bottom of the consumption function, where non-linear estimation is simply not possible. For these cities, equilibrium latent demand is assumed to be perfectly parametric and not a function of wealth i . In the long run, if a region has no current income, the latent demand for canned sardines excluding soups, stews, and chowders is assumed to approach zero. The assumption is that wealth stocks fall rapidly to zero if flow income falls to zero i . In a graphical sense, for low-income cities, latent demand approaches zero in a parametric linear fashion with a zero-zero intercept. In this stage of the estimation procedure, a low-income city is assumed to have a latent demand proportional to its income, based on the cities closest to it on the aggregate consumption function. These are then aggregated to get region totals. This report considers a city as a part of the regional and national market. The purpose is to understand the density of demand within a region and the extent to which a city might be used as a point of distribution within its region. From an economic perspective, however, a city does not represent a population within rigid geographical boundaries. To an economist or strategic planner, a city represents an area of dominant influence over markets in adjacent areas. This influence varies from one industry to another, but also from one period of time to another.

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Chapter 6 : Adventure Guide to Canada's Atlantic Provinces - PDF Free Download

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Summary Table of Contents This study covers the latent demand outlook for canned sardines, clams, and shrimp excluding soups, stews, and chowders across the regions of China, including provinces, autonomous regions Guangxi, Nei Mongol, Ningxia, Xinjiang, Xizang - Tibet , municipalities Beijing, Chongqing, Shanghai, and Tianjin , special administrative regions Hong Kong and Macau , and Taiwan all hereafter referred to as "regions". Latent demand in millions of U. For each major city in question, the percent share the city is of the region and of China is reported. Each major city is defined as an area of "economic population", as opposed to the demographic population within a legal geographic boundary. For many cities, the economic population is much larger than the population within the city limits; this is especially true for the cities of the Western regions. For the coastal regions, cities which are close to other major cities or which represent, by themselves, a high percent of the regional population, actual city-level population is closer to the economic population. This exercise is quite useful for persons setting up distribution centers or sales force strategies. Using econometric models which project fundamental economic dynamics within each region and city of influence, latent demand estimates are created for canned sardines, clams, and shrimp excluding soups, stews, and chowders. This report does not discuss the specific players in the market serving the latent demand, nor specific details at the product level. The study also does not consider short-term cyclicalities that might affect realized sales. The study, therefore, is strategic in nature, taking an aggregate and long-run view, irrespective of the players or products involved. This study does not report actual sales data which are simply unavailable, in a comparable or consistent manner in virtually all cities in China. This study gives, however, my estimates for the latent demand, or potential industry earnings P . It also shows how the P . For each region, I also show my estimates of how the P . In order to make these estimates, a multi-stage methodology was employed that is often taught in courses on strategic planning at graduate schools of business. Another reason why sales do not equate to latent demand is exchange rates. In this report, all figures assume the long-run efficiency of currency markets. Figures, therefore, equate values based on purchasing power parities across geographies. Short-run distortions in the value of the dollar, therefore, do not figure into the estimates. Purchasing power parity estimates were collected from official sources, and extrapolated using standard econometric models. The report uses the dollar as the currency of comparison, but not as a measure of transaction volume. The units used in this report are: Before applying the approach, one needs a basic theory from which such estimates are created. In this case, I heavily rely on the use of certain basic economic assumptions. In particular, there is an assumption governing the shape and type of aggregate latent demand functions. Latent demand functions relate the income of a region, city, state, household, or individual to realized consumption. Latent demand is often realized as consumption when an industry is efficient, at any level of the value chain, takes place if an equilibrium is realized. For firms to serve a market, they must perceive a latent demand and be able to serve that demand at a minimal return. The single most important variable determining consumption, assuming latent demand exists, is income or other financial resources at higher levels of the value chain. Other factors that can pivot or shape demand curves include external or exogenous shocks. Ignoring, for the moment, exogenous shocks and variations in utility across geographies, the aggregate relation between income and consumption has been a central theme in economics. The figure below concisely summarizes one aspect of the problem. In the 1930s, John Maynard Keynes conjectured that as incomes rise, the average propensity to consume would fall. The average propensity to consume is the level of consumption divided by the level of income, or the slope of the line from the origin to the consumption function. He estimated this relationship empirically

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and found it to be true in the short-run mostly based on cross-sectional data. The higher the income, the lower the average propensity to consume. This type of consumption function is shown as "B" in the figure below note the rather flat slope of the curve. In the s, another macroeconomist, Simon Kuznets, estimated long-run consumption functions which indicated that the marginal propensity to consume was rather constant using time series data. This type of consumption function is show as "B" in the figure below note the higher slope and zero-zero intercept. The average propensity to consume is constant. For a general overview of this subject area, see Principles of Macroeconomics by N. Is it declining or is it constant? A number of other economists, notably Franco Modigliani and Milton Friedman, in the s and Irving Fisher earlier , explained why the two functions were different using various assumptions on intertemporal budget constraints, savings, and wealth. The shorter the time horizon, the more consumption can depend on wealth earned in previous years and business cycles. In the long-run, however, the propensity to consume is more constant. Similarly, in the long run, households with no income eventually have no consumption wealth is depleted. While the debate surrounding beliefs about how income and consumption are related is interesting, in this study a very particular school of thought is adopted. In particular, we are considering the latent demand for canned sardines, clams, and shrimp excluding soups, stews, and chowders across the regions and cities of China. The smallest cities have few inhabitants. I assume that all of these cities fall along a "long-run" aggregate consumption function. This long-run function applies despite some of these regions having wealth; current income dominates the latent demand for canned sardines, clams, and shrimp excluding soups, stews, and chowders. So, latent demand in the long-run has a zero intercept. However, I allow different propensities to consume including being on consumption functions with differing slopes, which can account for differences in industrial organization, and end-user preferences. Given this overriding philosophy, I will now describe the methodology used to create the latent demand estimates for canned sardines, clams, and shrimp excluding soups, stews, and chowders. Since ICON Group has asked me to apply this methodology to a large number of categories, the rather academic discussion below is general and can be applied to a wide variety of categories and geographic locations, not just canned sardines, clams, and shrimp excluding soups, stews, and chowders in China. Having implemented various alternatives and matched these with market outcomes, I have found that the optimal approach is to assume that certain key indicators are more likely to reflect efficiency than others. These indicators are given greater weight than others in the estimation of latent demand compared to others for which no known data are available. Of the many alternatives, I have found the assumption that the highest aggregate income and highest income-per-capita markets reflect the best standards for "efficiency". High aggregate income alone is not sufficient i. Aggregate income can be operationalized in a number of ways, including gross domestic product for industrial categories , or total disposable income for household categories; population times average income per capita, or number of households times average household income. Latent demand is therefore estimated using data collected for relatively efficient markets from independent data sources e. Depending on original data sources used, the definition of canned sardines, clams, and shrimp excluding soups, stews, and chowders is established. In the case of this report, the data were reported at the aggregate level, with no further breakdown or definition. Public sources rarely report data at the disaggregated level in order to protect private information from individual firms that might dominate a specific product-market. These sources will therefore aggregate across components of a category and report only the aggregate to the public. While private data are certainly available, this report only relies on public data at the aggregate level without reliance on the summation of various category components. In other words, this report does not aggregate a number of components to arrive at the "whole". Rather, it starts with the "whole", and estimates the whole for all regions and cities in China without needing to know the specific parts that went into the whole in the first place. Given this caveat, this study covers canned sardines, clams, and shrimp excluding soups, stews, and chowders as defined by the North American Industrial Classification system or NAICS pronounced "nakes". The NAICS code for canned sardines, clams, and shrimp excluding soups, stews, and chowders is It is for this definition that aggregate latent demand estimates are derived.

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Canned sardines, clams, and shrimp excluding soups, stews, and chowders is specifically defined as follows: Department of Commerce, the U. Industrial Outlook, and various public sources cited in the trade press. This generates a convenience sample of indicators from which comparable figures are available. If the series in question do not reflect the same accounting period, then adjustments are made. In order to eliminate short-term effects of business cycles, the series are smoothed using a 2-year moving average weighting scheme longer weighting schemes do not substantially change the results. If data are available for a geographic region, but these reflect short-run aberrations due to exogenous shocks such as would be the case of beef sales in a region or city stricken with foot and mouth disease, these observations were dropped or "filtered" from the analysis. In other cases, data may be available for only one year. From a Bayesian perspective, these observations should be given greatest weight in estimating missing years. Assuming that other factors are held constant, the missing years are extrapolated using changes and growth in aggregate national, regional, and city-level income. Based on the overriding philosophy of a long-run consumption function defined earlier, regions and cities which have missing data for any given year, are estimated based on historical dynamics of aggregate income for that geographic entity. The interested reader can find longer discussions of this type of modeling in Studies in Global Econometrics Advanced Studies in Theoretical and Applied Econometrics V. Simply stated, the effect of income on latent demand is assumed to be constant unless there is empirical evidence to suggest that this effect varies i . This assumption applies along the aggregate consumption function, but also over time i . Another way of looking at this is to say that latent demand for canned sardines, clams, and shrimp excluding soups, stews, and chowders is more likely to be similar across regions or cities that have similar characteristics in terms of economic development. This approach is useful across geographic regions for which some notion of non-linearity exists in the aggregate cross-region consumption function. Because the China consists of more than 1, cities, there will always be those cities, especially toward the bottom of the consumption function, where non-linear estimation is simply not possible. For these cities, equilibrium latent demand is assumed to be perfectly parametric and not a function of wealth i . In the long run, if a region has no current income, the latent demand for canned sardines, clams, and shrimp excluding soups, stews, and chowders is assumed to approach zero. The assumption is that wealth stocks fall rapidly to zero if flow income falls to zero i . In a graphical sense, for low-income cities, latent demand approaches zero in a parametric linear fashion with a zero-zero intercept. In this stage of the estimation procedure, a low-income city is assumed to have a latent demand proportional to its income, based on the cities closest to it on the aggregate consumption function. These are then aggregated to get region totals. This report considers a city as a part of the regional and national market. The purpose is to understand the density of demand within a region and the extent to which a city might be used as a point of distribution within its region. From an economic perspective, however, a city does not represent a population within rigid geographical boundaries. To an economist or strategic planner, a city represents an area of dominant influence over markets in adjacent areas.

Chapter 7 : Ayam Brand | Revolv

World Outlook for Canned Sardines Excluding Soups, Stews, and 2 copies World Outlook for Smoked Herring, Whitefish, Chub, Cisco, and 2 copies World Outlook for Salted, Sun-Dried, and Pickled Fish 2 copies.

Chapter 8 : Canned water | Revolv

Canned water topic. Canned water is drinking water packaged in tin cans or beverage cans, a less common alternative to bottled water. Canned water is used primarily where storage or distribution systems are set up for cans, or when canning systems are used to make emergency water supplies.

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EXCLUDING SOUPS, STEWS, AND CHOWDERS IN GREATER CHINA**

Chapter 9 : Full text of "Commercial fisheries review"

The General Standard for Food Additives (GSFA) should be the single authoritative reference point for food additives. and then packaged or canned with or without.