



CAROLA NICOSIA

PhD candidate

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EDUCATION AND TRAINING

1st November 2021 –
Today

Research Doctorate in Food and Agricultural Science, Technology and Biotechnology
University of Modena and Reggio Emilia

- Development of active packaging systems as a tool for food waste reduction by extending the primary and secondary shelf life
- Results of the research were presented during an international meeting (one oral presentation and three posters).
- The research activity led to the publication of two papers in peer-review, high impact Journals.

4th December 2020 –
6th February 2021

Advanced training course in Agri-Food Quality and Safety

Gruppo MIDI – Advanced Training Company certified ISO 9001:2015 and ISO 21001:2018 recognized by ACCREDIA.

- Auditor/Lead Auditor of Quality management systems, Food safety management systems, Traceability in the feed and food chain, in accordance with standards UNI EN ISO 9001:2005, 22000:2018, 22005:2008
- Expert in planification and management of HACCP plan, Auditor of FSSC 22000/22002 and Food Defence systems, Auditor BRC v.8 and IFS v.7 recognized by AICQ-SICEV
- Internal Auditor in Pest Management (recognized AICQ-SICEV) in accordance with UNI EN 16636 and UNI 11381

22nd October 2020
(AY 2018/19 - 2019/20)

Master's degree in Food Safety and Control

University of Modena and Reggio Emilia

- Main subjects: Techniques for shelf-life assessment – Food and packaging innovations – Circular Economy – Residues, contaminants, and additives of food products – Microbiology of fermented food – Quality Management
- Thesis: Recovery of valuable protein and fibre fractions from side streams of the food industry (English language)
- Grade: 110 with honours

16th July 2018
(AY 2015/16 - 2017/18)

Bachelor's degree in Agricultural and Food Sciences and Technologies

University of Modena and Reggio Emilia

- Thesis: Characteristics, requirements, and quality controls of meat (Italian language)
- Grade: 110 with honours, and commendation from the committee
- In 2018 winner of a scholarship for honour students from "Fondazione Manni" of Maranello

WORK EXPERIENCE

16th December 2020 –
15th August 2021

Research fellow

University of Modena and Reggio Emilia

- Evaluation of secondary shelf-life of food products (Pesto alla genovese, UHT milk, almond drink, egg albumen) as a tool for reduction of household food wastes.
- Microbiological analysis, sensory evaluation, measurement of pH, colour, water activity, volatiles in the headspace through SPME-GC/MS.

15th October 2020 –
15th December 2020

Post-graduate training internship

AQUA Soc. Coop. a R.L.

- Quality management within agri-food companies: revision and auditing of HACCP manual.
- Food safety management, as described by ISO 22000, BRC and IFS certifications.

2nd March 2020 –
31st July 2020

Research Internship in Food Development

Fraunhofer Institute for Process Engineering and Packaging (Freising, Germany)

- Optimization of fractionation methods for the extraction of protein and fibre fractions from side streams of food industry (tomato seeds, brewer's spent grain, canola press cake).
- De-oiling of the side streams through Soxhlet apparatus
- Determination of dietary fibre (soluble, insoluble, and total) by means of Megazyme test kit
- Development of an experimental design to perform data analysis and interpretation

April 2018 –
June 2018

Support for the responsible for Food Safety

INALCA S.p.A. – Meat processing company

- Revisions of the procedures of the company's HACCP plan
- Sampling of raw materials, intermediate and final products
- Inspections within the production areas in order to ensure compliance with GHP and GMP

CONFERENCE PRESENTATIONS AND SEMINARS

- 28 Nov – 1 Dec 2022 ○ “Potential reduction of household food waste by the reassessment of the secondary shelf life of UHT milk”. 10th Shelf Life International Meeting. Bogotá, Colombia.
- 6th July 2022 ○ Presentation at Network for transdisciplinary and transregional approaches on food technologies (NET-FOOT, Erasmus+ project).
- 22nd June 2022 ○ Presentation at the Summer school – Unimore/BIOGEST-SITEIA in collaboration with the university of Caen, Normadie (France). Discovery of the top food productions in the Emilia Romagna region: scientific and practical approach.
- May 2022 ○ Seminary for master’s degree students on the reduction of food waste by the reassessment of secondary shelf life.

PUBLICATIONS

- Nicosia, C., Fava, P., Pulvirenti, A., Antonelli, A., Licciardello, F. (2021). Domestic use simulation and secondary shelf life assessment of Pesto alla genovese. *Foods*, 10, 1948. <https://doi.org/10.3390/foods10081948>
- Nicosia, C., Fava, P., Pulvirenti, A., & Licciardello, F. (2022). Secondary shelf life assessment of UHT milk and its potential for food waste reduction. *Food Packaging and Shelf Life*, 33. <https://doi.org/10.1016/j.fpsl.2022.100880>
- Licciardello, F. and Nicosia, C. (2021) UniMoRe lancia un progetto per ridurre gli sprechi alimentari. *COM.PACK 48*: 28-30.

PERSONAL SKILLS

LANGUAGE

Italian (mother tongue). English language C1.

DIGITAL SKILLS

Experienced use of Microsoft Office 365 (PowerPoint, Excel, Word). Good command of data analysis through Excel, Solo (Eigenvector), and R.