



Prof. Dr. Theodoros Varzakas FIFST

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Personal Profile

An enthusiastic determined and self-confident person holding A Doctorate in Food Science and Biotechnology, with knowledge of microbiology, food science, nutrition and management and strong problem-solving capabilities. Hard working and dedicated he is at his best when applying knowledge to problems requiring practical solutions. Active and sociable with good interpersonal and man management skills, can easily lead or work within a group. Reliable and devoted, can be trusted to perform demanding tasks in various environments. Persuasive, reliable, a lot of business awareness and broad abilities in modern languages. **Words describing myself are VIP (Vulnerable, Insightful and Powerful). A lot of Mindfulness.** Now training as A COACH.

Career summary

Theodoros Varzakas owns a Bachelor (Honours) in Microbiology and Biochemistry (1992), a Ph.D. in Food Science and Technology and an MBA in Food and Agricultural Management from Reading University, UK (1998). He has also worked as a postdoctoral research staff at the same university. He has worked in large pharmaceutical and multinational food companies in Greece for 5 years and has also got at least 20 years experience in the public sector. Since 2005 he served as Assistant, Associate and Full Professor at the Department of Food Science and Technology, University of Peloponnese, ex Technological Educational Institute of Peloponnese, Greece specializing in issues of food technology, food processing/engineering, food quality and safety. Section Editor in Chief Journal Foods in Food Security and Sustainability (2020-). Ex Editor in Chief Current Research in Nutrition and Food Science (2015-2019). Reviewer and member of the editorial board in many international journals such as (International Journal of Food Science & Technology, Journal of Food Engineering, Waste Management, Critical Reviews in Food Science and Nutrition, Italian Journal of Food Science, Journal of Food Processing and Preservation, Journal of Culinary Science and Technology, Journal of Agricultural and Food Chemistry, Journal of Food Quality, Foods, Microorganisms, Current Research in Food Science). Has written more than 200 research papers and chapters in

books and has presented more than 160 papers and posters at national and international conferences. He has written and edited 8 books in Greek, and six in English on sweeteners, biosensors, food engineering, food processing, published by CRC. Participation in many European and national research programs as coordinator or scientific member.

S k i l l s

Concrete skills in the planning and coordination of multidisciplinary public health programmes (Olympic Games, 2004), Implementation of a public health/disease control programmes during my military service working as a Microbiologist and during the Olympic Games of 2004 as responsible person for food safety from the Hellenic Food Authority.

Strong skills in the area of developing and establishing policies and strategies ((MBA in Agriculture and Food), University of the Peloponnese, Hellenic Food Authority, research programs).

Excellent skills and ability in managing diverse teams and financial resources.

Good skills in mobilizing resources.

Ability to engage and communicate effectively and diplomatically with external partners including Ministries of Health, Agriculture and Trade, Donor institutions, Civil Society, and the private sector (Hellenic Food Authority, University of the Peloponnese).

Commitment to collaborate effectively with other key partners in the Health and Food Subject area (Taught in the M.Sc. Public Health and Epidemiology at the University of Thessaly, School of Medicine)-one published paper in the area in collaboration with epidemiologists.

Excellent knowledge on the sectors of international public health, animal health, food safety and quality, nutrition, and food production and trade.

Competencies

Teamwork

Respecting and promoting individual and cultural differences

Communication

Building and promoting partnerships across the organization and beyond

Ensuring the effective use of resources

Creating an empowering and motivating environment

P e r s o n a l i n f o r m a t i o n

Date of Birth: 24 Nov. 1969

Marital Status: Married,
one child

Nationality: Greek

Languages: Greek, English, German, basic French

Driving Licence: Full EU

E d u c a t i o n

**University of Reading, Dept. of Food
Economics, Management and Dept.
Economics**

April 1994 – September 1997

Reading, Berkshire

MBA Food Industry option (Part-time)

Management project thesis: “Marketing strategies of a new scotch whisky entering the Greek market” - a one year research into the diverse and interesting area of alcoholic drinks and their consumption patterns. Collaboration with a Scottish and a Greek firm.

Awarded December 1998.

**University of Reading, School of Food
Biosciences, Biotechnology & Biochemical
Engineering Lab**

Reading, Berkshire

October 1992 – September 1996

Ph.D. Food Biotechnology

Thesis title: “The uptake of cell-wall degrading enzymes by soybean preparations”. Funded by BBSRC. Research included diffusion of endoglucanases and endoxylanases into the soybean, uptake of these enzymes by soybean, studies on mycelial penetration and enzymic diffusion on soybean tempe, diffusion of lysozyme and endoglucanases in a polysulphone membrane using a diaphragm cell.

Awarded July 1998.

**University of Reading, School of Animal
and Microbial Sciences**

Reading, Berkshire

October 1989 – July 1992

B.Sc. (Hons) Microbiology, Biochemistry and Physiology. Graduated with 2 (ii).

P r o f e s s i o n a l e x p e r i e n c e

University of Peloponnese

KALAMATA

Elected full Professor in Food Technology
and Food Safety Management Systems

May. 2019-Today

University of Ghent Global campus

South Korea, Incheon

Senior Full Visiting Professor in Food Technology

August. 2016-February 2017

Technological Educational Institute of

PELOPONNESE

KALAMATA

14 Oct. 2005-May 2019

Elected full Professor in Food Technology and Food Safety Management Systems (Jan 2017)

Associate Professor in the specialization of Food Processing with emphasis on foods of plant origin, Food Engineering, Food safety and Quality, Head of the Department of Food Technology from 01.09.13-30.10.2015 (15 years recognized experience in the public sector) since 10/11/2012 (FEK 191Γ 18.02.2013). Associate Dean of the School.

Assistant Professor, Dept. Food Technology, School of Agricultural Technology in the specialization of Food Processing with emphasis on foods of plant origin FEK 244/28.09.2005.

Teaching of the following subjects

Food engineering

Technology and quality of bakery and confectionery products

Food safety and quality management systems

Food hygiene and food security

Food technology I, Food Technology II.

Food processing and their effects in the nutritional value of food products

Quality control of food products and food safety

Food preservation

Supervision of undergraduate projects.

Participation in research programs.

Participation in the assessment of undergraduate projects.

Research interests: food microbiology (fungi), diffusion phenomena, HACCP, ISO22000, waste treatment, genetically modified organisms and technology, allergy phenomena, rheology, thermal processing systems (dairy), fermentation technologies, Ethanol Production from Potato Peel Wastes, dairy microbiology, olive oil technology, carotenoids and oil in water emulsions, reliability and maintainability analysis in food processing systems.

Vice Head of the Dept. of Food Technology (2009-2013)-Management of 30 academic staff, 4 technical staff and 3 secretaries.

Academic and Institutional Director of the Library, main campus, Scientific responsible for a program of over 1 million Euros

Teaching at the M.Sc program of the department the modules safety and quality in olives and olive oil (26 hours) and sensory evaluation (16 hours)

Associate Director of the M.Sc. program

Other teaching and professional activities

European Food Safety Authority Expert Scientist advisor-member of WG to Biohazards Panel	Jan. 2016-Dec 2018
Hellenic Open University, Patras - Professor M.Sc. in Quality Management and Technology	Sept. 2017-Today
Hellenic Open University, Patras Professor in Total Quality Management, Food Control and Food Safety - MSc. Program on Quality Assurance	Sept. 2007-September 2009
University of Thessaly, Volos Dept. of Agriculture, Plant Production and Agricultural Environment-Lecturer Teaching Technology and Processing of Agricultural Products	Sept. 2006-March 2007 3 MONTHS FULL TIME
University of Thessaly, Larissa Dept. of Medicine, Masters in Food and Environmental Hygiene Teaching of Sampling of Food, Crisis Management	Oct. 2006-Sep. 2009 100 hours

ACHIEVEMENTS

During my 16 years in the academic sector I managed to publish many articles, presented many papers worldwide, edited 10 books, supervised 3 doctoral thesis, more than 400 undergraduate and postgraduate dissertations and managed more than 10 national and European research programs worth more than 2 million euros.

**HELLENIC FOOD SAFETY
AUTHORITY (EFET)**

21 Oct. 2003-13 October 2005

Athens

Expert Scientist-Directorate of Nutritional Policy & Research (Recognised experience of 3 years in the public sector)

Expert in Food Labelling, additives, improvement agents and sweeteners

- Representative of EFET with reference to the GMO release to the environment –GMO dossier assessment according to Regulations 1829/2003, 1830/2003, 258/97, Directive 2001/18. Risk assessment of Bt11 corn, maize NK603, maize MON863, maize 1507, rapeseed GT73, rapeseed Ms8 Rf3, maize GA21, maize MON863 x MON810.
- Participation in the European Union and other International Organisations for decision making in food related issues.
- Submission of research proposals, cooperation with other Greek bodies.
- Preparation of studies with reference to food consumption and nutritional habits.
- Edition of hygiene guides related to food.
- Management of food crisis (e.g. problems related to BSE, dioxins, acrylamide, aflatoxins, etc.).
- Consumer protection from misleading practices or from food spoilage.
- Coordination of the prefectural services which control food safety.
- Installation of effective and preventative systems of risk assessment.
- Design of epidemiological studies related to food, coordination of epidemiologic research in cases of food crisis and submission of reports related to the results of the epidemiological studies.
- Statistical evaluation of results of research programmes.
- Determination of food quality specifications as well as raw materials and intermediate products' specifications with the aim to protect public health and avoid consumers' deception.
- Determination of criteria for the evaluation of scientific personnel who will carry out audits or train people in food firms.
- Determination of safety rules for the quality control labs in food firms in close cooperation with research institutes and other departments within EFET.
- Training of volunteers for the Olympic games on food safety and hygiene (100 hours)
- Member of the Assessment Committee of the training register for the completion of training of food handlers.
- Completion of the Greek Register of GM food and feed ingredients.
- Participation in the completion of the training material (DVDrom and presentations) for the training of food handlers.

- Representative of EFET in Zappeion Press Center during the Olympics and Paralympics.
- Production of consumer leaflets on food safety issues such as allergens, aspartame, GMOs, food additives, semicarbazide, acrylamide, BSE.

ACHIEVEMENTS

Managed successfully to promote the agency's views through representation in European Commission. Trained many volunteers before the Athens Olympic Games in food safety. Organised and guided the authority in terms of production of consumer leaflets. Managed to bring key scientists together in areas of food safety, nutrition and GMOs.

LLOYDS REGISTER S.A.

Jan. 2003-Oct. 2003

Piraeus

IRCA Lead Auditor (0118 5016)

Lead Auditor ISO 9001:2000, HACCP, BRC, 14001 and 18001.

Trainer in ISO 9001:2000, HACCP, BRC, 14001

Coca Cola Lead Auditor.

Participated in the certification of the following companies: COCA COLA BOTTLING PLANTS (TCCQS, ISO 9001:2000, HACCP, 14001, ECO MANAGEMENT), McDONALD'S (mass catering), CRETA FARM (meat production, sausages, biological sausages, pork production, biological pork production), MITROSYLIS (export of agricultural products such as oranges, apples, clementines), EPIROTIKI BOTTLING COMPANY (water production) (BIKOΣ), HQF-KANAKHΣ (chicken production, frozen dough products), AMYLUM HELLAS (amylum products, corn syrup production), COPAIS (tomato paste products) (HEINZ), ΕΛΑΙΟΥΡΓΙΑ ΚΡΗΘΗΣ (olive oil products), GENERAL MILLS PILLSBURY (dough products), KARAMOLENGOS (bakery products), KARANIKA MILLS (maize products), BREZAS, VIOMAR (fruit jams and marmelades), ARABATZIS ELLINIKI ZIMI (dough products), ARKAS (wine products) (KTIMA SPIROPOULOU), KATOGE AVEROF (wine products), LAZARIDIS (wine products), OKTANA (wine products), HELLAS CAN BEVERAGE (coca cola cans), LEADER (dairy products), SHM HELLAS, BIZIOS, NOUSIAS (dairy products), LYTRAS (dairy products), MEGA FARM (eggs), TRIKI (dairy products), TYROKOMIKA KATSIBERIS (dairy products), AGRAFA (feta cheese production), TZAFETTAS (dairy products), RETZIOS (dairy products), CORFU RESORT (hotel catering), METROPOLITAN HOTEL (hotel catering), ST. GEORGE LYCABETTUS (hotel catering), MAVRIKOS IMPORTS (raw materials ware house), POLYCHRONOPOULOS SHIP SUPPLIES (food supply to ships), LOUIS CATERING (catering establishment in the Eleftherios Venizelos airport), BOZIONELOS, PTINOTROFIA ILIADI (eggs), VOULGARI BROS, APOSTOLOU, SELONDA AQUACULTURE (fish products), KALLIANIOTI BROS (supermarket), ELVIZ ANIMAL FEED (animal feed), ZOONOMI (animal feed).

08 May 2000- December 2002

VIVARTIA-CHIPITA INTERNATIONAL
S.A. specialising in baking, confectionery &
snacks

ATHENS, GREECE

Assistant R & D and QA Director-Project Manager

Tasks included:

Responsible for nutritional labelling and legislation-Studies on the composition and ingredients of all final products of the company (mainly confectionery products and snacks).

Responsible for issue of product certificates for all export countries as well as creation of customer service files.

Active participation (leading a big group of technicians) in the development of new products and improvement of the existing ones.

Active participation in the development of a sensory evaluation procedure for the company.

Active participation in the manufacturing procedures of the development department.

Studies on the safety-quality risk aspects of ingredients and suppliers.

Participation in the GMO analysis and dioxins analysis of selected raw materials.

Participation in the organoleptic control of existing products and samples for new product development.

Participation in the development process of the HACCP system.

Surveillance of the hygiene, safety and quality of the products in the plant, and application of GMP (Staff hygiene, Hygienic production and equipment planning, Sanitation and disinfection, Pest and rodents control, Waste water management, Storage and distribution of products, Security of supplies).

Contacts with old and new suppliers for raw materials that should follow the specifications set by the company.

Participation in technology transfer to food multinationals with the aim to develop new production lines.

Planning of financial studies before new products launch.

Personnel training.

Contact with suppliers for determination of raw materials' specifications.

Determination of quality parameters of final products.

Installation of new laboratory equipment (rheofermentometer and texture analyzer) and new methods testing.

Internal auditing of the plants.

Sensory evaluation methodology and statistical evaluation of results

ACHIEVEMENTS: Managed to organise nutritional labelling for all company's food products. Contact point for technology transfer (product specifications, plant layout) to food multinationals e.g. Pepsico Mexico and others. After successful launching of 2 new products in the R & D Department moved on to QA Department where I participated in the certification of the company (HACCP and ISO9001:2000).

10 November 1999- 25 April 2000

Gerolymatos

Kryoneri, Athens, Greece

Assistant Product Manager in Hematology products. **Achievement:** Managed to sell 1,000 of these specialised products to doctors of Intensive Care Units. Promoted the products at local and international conferences in Greece.

Institute of Pharmaceutical Research and Technology

Koropi, Greece

September 1999- March 2000

Teaching (lectures and practicals) the module 'Hospital Infections' to undergraduate students.

Institute of Pharmaceutical Research and Technology

Agioi Anargyroi, Athens, Greece

September 1999- March 2000

Teaching (lectures and practicals) the module 'Microbiology' to undergraduate students.

National Institute of Agricultural Research, Ministry of Agriculture

Lykovrysi, Greece

27 September – 9 November 1999

Working as a research staff on a European project (AIR) on: Improvement of olive oil quality by biotechnological means.

Greek Army, Department of Public Health

401 General Hospital of Athens, Greece

March 1998 – September 1999

Worked as a Microbiologist. Also worked in Administration of Military Hospital matters.

Department of Food Science & Technology, The University of Reading

Reading

January 1997 – January 1998

Postdoctoral research staff. Worked as part of a 6-member team on: "Glucoamylase production from a continuous reactor in SSF". Invited to present an article in Mexico in September 1997.

Achievement: Gained experience in team work. Also developed communication and presentation skills.

Dept. Food Science & Technology, The University of Reading

Reading, UK

October 1992 – September 1997

Teaching Food Microbiology and Biotechnology (Enzymology) to B.Sc. and M.Sc. students.

Recognised experience of 3 years full time.

Royal Berkshire Hospital, Histopathology and Microbiology Lab

Reading, UK

June 1992 – September 1992

Medical Laboratory Scientific Officer (MLSO). Gained medical practical experience working as part of a team. **Achievement:** Showed initiative to overcome difficult periods when there was staff shortage. Managed to gain experience in a hospital lab in UK and made good contacts and used them for my Ph.D for certain analysis carried out in the lab.

Key Professional Skills

- **Computer literacy.** Advanced computing skills in Windows XP and MS-Office 2010 (Excel, Word, Access, PowerPoint). Some C programming and user of Suns and statistical packages (SAS, Minitab, SPSS).
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Awards

Sidney Perry Foundation (1993); BBSRC (1992-1995); BBSRC award to attend a conference in Nice (1995); Arthur Hosier award (The University of Reading); A. J Banks Fund award from SCI (1995) to attend a conference in Budapest; IAMA award recipient (\$1500) to attend and present a paper in Jakarta, Indonesia, EPSRC Graduate School award (15-20 April 1995, University of Doncaster).

Memberships

Section Editor in Chief Foods (Food Security and Sustainability) (2020-).

Ex Editor in Chief Current Research in Nutrition and Food Science (2015-2019).

FELLOW of the Institute of Food Science & Technology (since 2007), Licentiate member of The Institute of Quality Assurance (since 2003), Section Editor CIGR, Member of the Society for Applied Microbiology, Society for the Chemical Industries (SCI), Food Additives & Contaminants, Food, Nutrition and Agriculture (FAO), Journal of Chemical Technology and Biotechnology, Trofima and Pota, Member of IAMA (International Agribusiness Management Association), Genetic Engineering News, Institute of Food Technologists.

Reviewer for the following journals

Foods, Antioxidants, Microorganisms, Frontiers, International Journal of Food Science and Technology, Journal of the Sciences of Food and Agriculture, Food Chemistry, Journal of Agricultural and Food Chemistry, Food Research International, Critical Reviews in Food Science and Nutrition, Journal of Food Biochemistry, Waste Management, Journal of Food Engineering, Journal of Food Science and Technology, CIGR.

Managerial Experience

1. Head of the Dept. Food Technology Decision 3092/30.08.2013 of the Rector of TEI Peloponnese (1692/29.06.2015) from 01.09.2013-31.10.2015
2. Associate Dean of School of Agriculture and Food Technology and Nutrition (decision 1699/29.06.2015) from 01.09.2013-31.10.2015 Decision 4741/25.01.2014 of the Rector of TEI Peloponnese.
3. Coordinator for research program of Academic Libraries 2009-2013 29/04-12-2008 decision of council of TEI Peloponnese.
4. Scientific Coordinator of Library program 2/29.01.2009 decision of Council.
5. Scientific Coordinator of Research program for Library Equipment Support Decision 13/30.07.2009 of council of TEI Peloponnese
6. Scientific and Academic Coordinator for Research program of Support and Implementation of Library Decision of Council of TEI Peloponnese
7. Scientific Coordinator of Research program for Upgrade of Library services of TEI Peloponnese 18/14-10-2010 Council Decision.
8. Member of the Committee of Special Accounts Research 2013-2015 Decision 4/07.03.2013
9. 12.2013 Vice President of Special Accounts Research

RESEARCH INTERESTS

1. Diffusivity in food matrices
2. Solid state fermentations-Food Microbiology (Fungi)
3. Thermal analysis of Foods and Food Packaging Materials.
4. Study of chemical, biochemical and physicochemical reactions/alterations occurring in food systems during their storage/preservation.
5. Kinetic studies of chemical and physicochemical phenomena in food systems.
6. Gene transfer from GM food in nitrogen fixing bacteria
7. Study of biodegradable polymers for food packaging applications.
8. Edible films for food packaging and coating applications.
9. Interactions between food packaging materials and foods.
10. Baking, snacks and confectionery products

11. Enzymology
12. Waste management-Production of bioethanol from waste material (potato peel waste, sorghum, maize)
13. Olive oil technology
14. Citrus fruits technology

15. Emulsions

16. Mycotoxins
17. Quality management (ISO22000: 2018, ISO9001:2015, EMAS)
18. Nutrition

Training and Teaching Experience and Activities

1. Chemometrics/multivariate analysis for solving authentication related problems
2. Edible films
3. Food Safety and Food Microbiology: Implementation of HACCP, Probiotics, Prebiotics
4. Genetically modified food
5. New Technologies in Food Preservation
6. Food legislation
7. Implementation of ISO 9001:2000 and ISO 14001 (Quality Assurance and Environmental Management System)
8. Total Quality Management (TQM)
9. Recycling – Life cycle of products
10. Waste treatment