

ABOUT ME

Results-driven Food Scientist with a Ph.D. in Management of Innovation in Agri-Food Systems. Proven expertise in food contact materials (FCM) testing, chemical testing methods, and comprehensive report preparation. Certified in BRC version 9, demonstrating strong auditing skills. Ensures compliance with legislation and regulations by testing FCM and recommending improvements.

EDUCATION AND TRAINING

10/01/2022 – CURRENT

PH.D. IN MANAGEMENT OF INNOVATION IN THE AGRICULTURAL AND FOOD SYSTEM OF THE MEDITERRANEAN REGION University of Foggia, Italy

Thesis: Development of new sustainable bioplastics and evaluate their chemical safety when used as food contact materials for fresh-cut products.

Short Description: Evaluating the potential migration of substances from bioplastics (PLA, PBS) to food products and their toxicological effects on human health and the environment. To achieve these objectives, I'm using a combination of experimental and computational methods, such as high-resolution mass spectrometry, gas and liquid chromatography, and QSAR modeling.

Supervisor: Professor Sandra Pati

05/07/2019 – 05/07/2021

MASTER OF SCIENCE IN FOOD TECHNOLOGY University of Agriculture, Faisalabad Pakistan

Final grade 3.92/4.00 | **Thesis** Development and Optimization of Resistant Starch enriched Multigrain High-Fiber Noodles

08/07/2015 – 08/07/2019

BACHELOR OF SCIENCE IN FOOD SCIENCE & TECHNOLOGY University of Agriculture, Faisalabad Pakistan

Final grade 3.82/4.00 (Bronze Medal)

09/10/2018 – 18/10/2018

ADVANCE ANALYTICAL TECHNIQUES FOR FOOD SAFETY MEASURE IN PAKISTAN Nuclear Institute of Agriculture and Biology (NIAB), Faisalabad, Pakistan

Achievements/Tasks

Gas chromatography Mass spectrometer (GC-MS), High-Performance Liquid Chromatography (HPLC), Enzyme-Linked Immunosorbent Assay (ELIZA), UV-visible spectrophotometer, Inductively coupled plasma mass spectrometry, and FTIR Spectroscopy.

07/05/2024 – 10/05/2024

ADVANCED MASS SPECTROMETRY FOR FOOD PACKAGING SAFETY University of Zaragoza, Spain & European Cooperation in Science and Technology

Achievements/Tasks

Sample preparation and analysis for the identification of NIAS in the following polymers:

Flakes of recycled polyethylene terephthalate (rPET)

Pellets of recycled polyethylene terephthalate (rPET)

Capsules made of recycled high-density polyethylene (rHDPE) with caps for migration studies

Printed board for migration study using Tenax®

● WORK EXPERIENCE

01/02/2024 – 30/10/2024

GUEST PHD RESEARCHER AARHUS UNIVERSITY, AARHUS, DENMARK

Achievements/ Tasks

1. Lead the design of experiments to test the properties and safety aspects of the bioplastics, ensuring the validity and reliability of the results
2. Perform comprehensive laboratory analyses on the bioplastics to assess their chemical composition, mechanical properties, and safety characteristics
3. Utilise statistical tools and methods to analyze the experimental data, draw meaningful conclusions, and identify trends or patterns in the results

12/01/2021 – 12/03/2021

VIRTUAL- RESEARCH COORDINATOR OF HALAL RESEARCH COUNCIL HALAL RESEARCH COUNCIL, PAKISTAN

Achievements/Tasks

1. Conducted data collection tasks in support of Halal Research Council initiatives
2. Authored articles on relevant topics for publication on the Halal Research Council website and other channels
3. Compiled a final project report detailing contributions and insights gained during the project

01/07/2021 – 30/12/2021

QUALITY CONTROL OFFICER KITCHEN CUISINE (PVT.) LTD, LAHORE, PAKISTAN

Achievements/Tasks

1. Monitoring and ensuring compliance with food safety regulations
2. Conducting daily audits to check waste level, adherence to safety norms, Quality norms, and GMP at the production floor
3. Preparing reports on quality control measures

01/02/2019 – 15/03/2019

QUALITY ASSURANCE OFFICER PEPSICO INTERNATIONAL FRITO-LAYS, PAKISTAN

Achievements/Tasks

1. Food safety management and food quality assurance under ISO 9001
2. Procurement of quality raw material to ensure the safety and quality of snacks, i.e. Lays
3. Collaborating with cross-functional teams to address quality issues

● PUBLICATIONS

Research Articles

1. Unraveling the Influence of Perforation Sizes on Physicochemical, Sensory, and Microbial Attributes of Modified Atmosphere Packaged Refrigerated Chicken Patties. *Packaging Technology and Science*. Ayesha, K., Khalid, S., Chaudhary, K., Ansar, S., Zahid, M., Hassan, S. A., Bashir, N., Naeem, M., **Ashraf, J. Z.** & Onyeaka, H. 2024.
2. Screening of Volatile Organic Compounds Emitted from Different Packaging Materials: A Case Study on Fresh-Cut Artichokes. *Frontiers in Sustainable Food Systems*. **Ashraf, J. Z.**, Pati, S., Fatchurrahman, D., Amodio, M. L. & Colleli, G. 2023.
3. Addition of Sweet Potato Powder and Olive Oil as Fat Replacer in Chicken Sausages Coated with Carom Essential Oil. *RADS Journal of Food Biosciences*. ANAM, M., TUSEEF, M., GULL, T., SALEEM, A., JAMIL, A., KHAN, M. Y. & **ASHRAF, J. Z.** 2023.
4. Development and Evaluation of Guar Gum-Based Mayonnaise in Combination with Pumpkin and Sesame Seed Oil Blends. *RADS Journal of Food Biosciences*. KHALID, R., TUSEEF, M., ASHRAF, U., HAIDER, S., ASIF, U., CHAUDHRY, A. & **ASHRAF, J. Z.** 2023.
5. Development and Optimization of Resistant Starch Enriched Multigrain Functional Noodles. *RADS Journal of Food Biosciences*. **Ashraf, J. Z.**, Tuseef, M., Saleem, A., Iqbal, N., Ahsan, A., Gul, T., Chaudhry, A. & Anam, M. 2022.
6. Development of an antifungal edible coating for strawberries using fruit waste. *Journal of Food Processing and Preservation*. Saeed, M., Azam, M., Saeed, F., Arshad, U., Afzaal, M., Bader-ul-ain, H., **Ashraf, J. Z.** & Nasir, Z. 2021.
7. Development of Yoghurt Spread from Goat Milk and its Qualitative Valorization Using Chia Seed Oil. *Advances in Food Technology and Nutritional Sciences*. Shahid, S., Leghari, A., Anam, M., Gull, T., **Ashraf, J. Z.**, Tahir, H., Liaqat, H. & Iqbal, M. 2021.

● SKILL SET

Personal, Technical , Scientific Writing, Analytical and Computer Skills

Personal Skills: Effective communication, problem-solving, organizing, management, adaptability, teamwork, initiative, responsible and competitive.

Technical Skills: Gas chromatography-mass spectrometry (GC-MS), Ultra-high performance liquid chromatography-trap ion mobility time-of-flight mass spectrometry (UHPLC-TIMS-TOF-MS/MS), spectrophotometers, FTIR, Product development, Food quality assurance and safety

Scientific Writing Skills: Creative and scientific writing expertise gained through write-up of various projects, scientific reports, and research articles

Analytical and Computer Skills: SPSS, Chem-Draw, Minitab, and Microsoft Excel.

● LANGUAGE SKILLS

Mother tongue(s): **URDU**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	C1	C2	C1	C2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

● PROFESSIONAL PRESENTATIONS

Here is the list

1. Oral presentation & abstract publication on kinetics of volatile release from bilayer package used for fresh-cut produce in 3rd Circul-a-bility conference (Re-thinking packaging for circular & sustainable food supply chains of the future), Madrid, Spain, 2023
2. Oral presentation & abstract publication on evaluating the effect of different storage conditions on the emission profile of volatile organic compounds from packaged artichokes in 3rd international Conference on Biological Research and Applied Science (IBRAS) by Jinnah University for Women Karachi, Pakistan, 2023
3. Oral presentation & abstract publication on the influence of packaging material on the quality of fresh-cut artichokes in XI International Symposium on Artichoke, Cardoon and Their Wild Relatives, Molfetta, Italy, 2023
4. Oral presentation & abstract publication on screening of volatile organic compounds emitted from different packaging material: a case study on fresh-cut artichoke in 2nd Circul-a-bility conference (Re-thinking packaging for circular & sustainable food supply chains of the future), Ljubljana, Slovenia, 2022

● NETWORKS AND MEMBERSHIPS

10/08/2022 – CURRENT

European Cooperation in Science & Technology (COST)

28/02/2024 – 28/02/2025

Institute of Food Technology (IFT) Membership

● PROFESSIONAL CERTIFICATIONS

19/03/2023 – CURRENT

Here is the list

1. GFSI approved BRC Food Version 9 certified lead auditor from BRC global standards
2. Managing Health and Safety in Healthcare: Legislation & Risk Assessment by Health & Safety Authority (April 2020)
3. Halal Compliance Process by QA Learning Hub (March 2020)
4. Auditing Guidelines According to ISO 19011 by QA Learning Hub (March 2020)
5. Nutrition mela and product development competition by National Institute of Food Science and Technology, University of Agriculture Faisalabad (February 2018)