



## A Message From Chef Mike

Welcome to the November issue of *The Southern Foods At Home Kitchen!* As we approach the Thanksgiving holiday, I'd like point out how much we have to give thanks for – a country

that affords us unprecedented freedoms, a modern lifestyle that previous generations would have thought impossible, and the good fortune to be able to enjoy it all with those we love. How fortunate we truly are.

**In that spirit, I'd like to take this opportunity to say "thank you" to you for your continued business and**

**support.** Here at Southern Foods At Home we are truly blessed to have some of the best customers on the planet. So, on behalf of our entire team, thank you.

As for this month's business at hand, I'd like to bring to your attention just **how packed this month's issue is with all-new information and insider tips!** I encourage you to settle down in your favorite easy chair, turn off your cell phone, and enjoy. As always, if you have any thoughts, comments or feedback for me on this newsletter, or anything else, please email me at [ChefMike@SouthernFoodsAtHome.com](mailto:ChefMike@SouthernFoodsAtHome.com). Have a great November, a wonderful Thanksgiving, and thanks again for your business.

## Southern Foods At Home Recipe Of The Month - Hearty Shrimp Stew

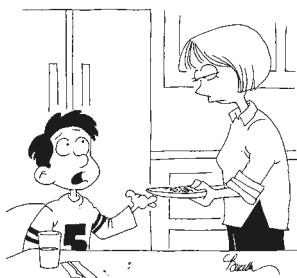
### Serves 6

- 2 tablespoons canola oil
- ¼ cup each of onion, celery and carrots (chopped small)
- 2 – 8oz. bottles clam juice
- 1 – 28oz. can fire roasted diced tomatoes (un-drained)
- 2 packets Cajun's Choice® (or similar) Cajun shrimp seasoning
- 2 pounds Southern Foods large shrimp, peeled and de-veined

1. Heat a large stock pot over med-high heat for one minute. Add the oil and vegetables and sauté for three minutes. Add the clam juice, canned tomatoes and Cajun shrimp seasoning and stir to combine.
2. Place lid on pot and reduce the heat to med-low. Simmer for 10 minutes.
3. Remove the lid and add the raw shrimp. Simmer for four minutes stirring often. Serve immediately with crusty bread and your favorite sauvignon blanc wine.

### Enjoy! Chef Mike

You can watch a video demonstration of me preparing this delicious recipe at [www.SouthernFoodsAtHome.com/kitchen.com](http://www.SouthernFoodsAtHome.com/kitchen.com)!



"No dessert? Couldn't you have told me that before I ate my vegetables?"

## How Often Should You Test Your Cholesterol?

Most of us know it's important to have our cholesterol tested because high levels can lead to heart attacks and strokes. But how often? According to the Mayo Clinic, adults should have their cholesterol measured every five years, starting at age 20, with more frequent tests if levels are high. Earlier testing is recommended, even for children, if they have a strong family history of heart disease.



## Congratulations to October's Trivia Question Winner!

Congratulations to **Linda Norris of Raleigh** for submitting the first correct answer to last month's trivia question...

Which two teams hold the record for most World Series wins?

- 1) New York Yankees, St. Louis Cardinals
- 2) Boston Red Sox, Atlanta Braves
- 3) Minnesota Twins, Baltimore Orioles

Sorry Sox fans, the correct answer was #1, the New York Yankees and St. Louis Cardinals. Now how about you? Care to give this month's trivia question a try?



## Welcome New Clients

Here are a few of our new clients who became members of my Southern Foods At Home family this past month. I'd like to welcome you and wish you all the best:

**Gregory & Monica Davis, Raen Davis, Larry & Kimberly Harbin, John & Barbara Haskins, III, George Scott, GR & Ashley Singleton, Paul & Freda Smith, III, Herb & Suzanne Talkington, William & Rebecca Thore.**

## Thanks A Million!

Thanks a million to our wonderful clients who referred us last month. I can't begin to express how much I appreciate your friendship and support. Special appreciation to **James and Donna Hawdon** for referring Rachel Gabriele and **Shane Trent** for referring Herb and Suzanne Talkington. **Thank you from the bottom of my heart.**



If you know of a friend or neighbor that could benefit from our service, please don't keep us a secret. As a token of our appreciation, for each referral that joins the Southern Foods At Home family, **you'll receive a \$100 credit and the free dessert of your choice** with your next reorder! I hope you'll consider referring us not just for the \$100 reward but because you believe we provide healthier, better food. To refer a friend, you can simply go to [www.SouthernFoodsAtHome.com/referrals](http://www.SouthernFoodsAtHome.com/referrals) and fill out the easy referral form. We'll take special care of your friends and even give them a complimentary French Silk Pie as a surprise gift from you! Thank you for your loyalty and support!

## November Trivia Challenge

In honor of the upcoming holiday, let's try a Thanksgiving question this month.

In what now-named state is Plymouth Colony in?

- A) Virginia
- B) Massachusetts
- C) New Jersey
- D) Maryland



The **first** correct answer emailed to me at [ChefMike@SouthernFoodsAtHome.com](mailto:ChefMike@SouthernFoodsAtHome.com) wins an unbelievably delectable carrot layer cake, perfect for Thanksgiving Day!

## November Is A Great Month To Reorder

November is one of my favorite months of the year. I love Thanksgiving – the wonderful food and the quality time with family and good friends. If you're in need of a fresh supply of our delicious and healthy food, by all means get your reorder in early so you're stocked up for the holidays!

To place your order, please call your personal food economist. Can't remember the phone number? No problem! Just log onto our website at [www.SouthernFoodsAtHome.com/reorders](http://www.SouthernFoodsAtHome.com/reorders) or call our **24 hour reorder hotline at 866-298-7865! Bon Appetit!**



## Make Thanksgiving Dinner A Meal To Remember!

Would you like to prepare a memorable Thanksgiving meal for your family? Let us help you make your Thanksgiving Dinner both delicious AND easy. Here's our Southern Foods At Home **Thanksgiving Dinner Special**. No supermarket food can compare! It easily serves ten and will absolutely "wow" your guests!



### Our Thanksgiving Dinner Special Includes:

- |                              |                                    |
|------------------------------|------------------------------------|
| 5 – Delicious appetizers     | 2 – Multi grain baguette loaves    |
| 1 – Turkey, 20-22 lbs        | 1 – Pumpkin pie                    |
| 1 – Ham, 4 -5 lbs.           | 1 – Carrot cake                    |
| 3 – Garlic potatoes          | 1 – Apple pie                      |
| 4 – Green beans almandine    | 1 – Coffee                         |
| 3 – Broccoli in cheese sauce | 1 – Coffee cake                    |
| 3 – Corn                     | 2 - Fruit, blueberries and peaches |

Everything is delivered right to your door for only \$299 and shipping is free! Just 200 of these special holiday packages are available. To ensure you get yours, call your food economist right away at the number below. Offer expires November 15th. Credit card orders only please. 😊

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## Better Light Bulbs

According to the EPA, if every American home replaced just one incandescent light bulb with an energy-saving compact fluorescent, it would save enough energy to light more than 3 million homes for a year. It would also prevent greenhouse gases equivalent to the emissions of over 800,000 cars.

Compact fluorescent bulbs approved by the EPA's Energy Star program use about 75% less energy than standard incandescent bulbs and provide the same amount of light. Not only do the bulbs last up to 10 times longer, you can save \$30 or more in energy costs over each bulb's lifetime. For the highest savings, use compact fluorescents where lights are on the most, such as in the family and living room, kitchen, dining room, and porch.



## Thanksgiving Holiday Travel Tip

The Thanksgiving holiday brings one of the busiest air travel weeks of the year. Lately airlines have instituted stricter rules and hefty fines about what you can carry on board or check. Here are some important guidelines to keep in mind to avoid an unpleasant check in experience.

You can have one carry-on bag measuring up to 45 inches when you total its length plus width plus height. The bag can **weigh up to 40 pounds**. You are permitted to carry on one other item such as a purse, briefcase,

laptop, or small backpack. Normally, you are allowed two pieces of checked luggage that each have a combined measurement of 62 inches (length plus width plus height) and **weigh no more than 50 pounds each**. Fees for overweight checked luggage are typically \$50 for 51 to 70 pounds and \$100 for a piece weighing 71 to 100 pounds. Checking more than two bags costs \$75 for each additional piece. Remember, pack as light as possible to avoid excess fees and delays.



## Chef Mike's Recycling Idea Contest!

Your Southern Foods Styrofoam delivery coolers do a wonderful job of insulating your food during shipment and keeping it at the optimum temperature. But what do you do with the coolers once you've unpacked your order? Of course, they're great for tailgating and camping trips but we want to know what other ways you can use them.

In the spirit of "going green", please share your ideas with us for reusing, donating, or recycling your coolers. There's no limit to how many ideas you can submit! The best idea as judged by me, Chef Mike, **wins a \$50 reorder credit and the mouth-watering dessert of your choice!**

So how about it? Email your creative ideas to me at [ChefMike@SouthernFoodsAtHome.com](mailto:ChefMike@SouthernFoodsAtHome.com), subject line "Cooler Contest"! I'll announce the winner in a future issue of our newsletter.



## Mark Your Calendar

### General Election Day

**Nov. 6**

An opportunity to let your voice be heard.

### Veterans Day

**Nov. 11**

To honor all who have served in the military, this federal holiday is held on the anniversary of the World War I Armistice.



### Thanksgiving Day

**Nov. 22**

Our national day of gratitude, always celebrated on the fourth Thursday of November.



◆ All New Trivia Challenge

◆ Time Saving Holiday Travel Tip

◆ Recipe Of The Month  
Hearty Shrimp Stew

Inside this month's issue:

*The Newsletter For Better Living*

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