



*Chef Mike – Executive Chef,
Southern Foods At Home*

A Message From Chef Mike

Down, set, hut! September is here and with it comes a new season of college and professional football. If you'll be tailgating before the big game, remember to bring along your Southern Foods steaks, hamburgers, and chicken breasts. Unlike others, they can be cooked from frozen, so they'll be ready to go when you are.

Finally, I'd like to welcome the newest member of our faculty, Kim Kantor, to the team. Kim is a national champion fitness expert, and she'll be providing us with important exercise and weight loss instruction, commentary, and advice. Along with Dana Yarn's nutrition tips, you're really getting first-class health information.

As always, if you have thoughts, comments, or feedback for me on this newsletter, my recipes, our food, or anything else, please e-mail me at ChefMike@SouthernFoodsAtHome.com. Have a great September, and thank you so much for your business.



Sergeant Eugene ("Red") Monahan served in the pacific theater during WWII.

This month, I have a special recipe for you – my dad, "Red's", famous spaghetti sauce. It's terrific. My dad loved to cook and I can remember as a kid spending time with him in the kitchen as he prepared truly wonderful meals. In fact, that's where I got my love for cooking. I hope you enjoy it as much as I do.

Southern Foods At Home Recipe Of The Month - "Red's" Spaghetti Sauce

Serves 6

- 3 lbs. ground beef
- 4 tbs. olive oil, separated
- 8 oz. sliced mushrooms
- 1 onion, diced medium
- 3-4 cloves minced garlic
- 3 cans tomato sauce, 15oz. ea.
- 1 can diced fire roasted tomatoes, 15oz.
- 2 tbs. fresh rosemary, chopped fine
- 2 tbs. fresh oregano, chopped fine
- 1 tbs. fresh thyme, pulled from stems
- ½ bunch fresh parsley, chopped fine
- 1 cup red wine, plus a glass for the chef
- 1 tbs. sugar

1. Heat a large stock pot over medium high heat for one minute. Add the ground beef and brown. Remove the beef to a colander and let drain. Add two tablespoons oil to the same pot and add the mushrooms. Sauté until browned and water from the mushrooms has evaporated. Remove from pot and add to the colander with the cooked ground meat.

2. In the same pot add two tablespoons oil and the onion. Sauté the onions for three minutes. Add the garlic and

sauté for 30 seconds (do not burn the garlic). Add the last eight ingredients (from the tomato sauce to the sugar). Bring to a simmer and reduce heat to low. Place the lid on the pot so a quarter of the pot is open to release steam. Continue to simmer, stirring every 10 minutes for one hour.



This sauce is great over pasta for sure, but make extra. It is also wonderful for lasagna, manicotti, and stuffed shells!

You can watch a video demonstration of me preparing this delicious recipe at www.SouthernFoodsAtHome.com!

Enjoy! Chef Mike

Healthy Aging Month

September has been appointed Healthy Aging Month, part of the Healthy Aging Campaign to focus national attention on the positive aspects of growing older. The Healthy Aging website at www.healthyaging.net provides inspiration and information to adults ages 50 and up on improving their physical, mental, social, and financial fitness.



Winner Of Our August Trivia Question!

Congratulations to **Jan Kendall of Greenville, South Carolina** for submitting the first correct answer to last month's trivia puzzler: The month of "August" was named after:

- a. Saint Augustine
- b. Augustus Caesar
- c. The adjective "august", meaning grandeur, because it was believed to be the grandest month.
- d. The word "auger", meaning a hole digging tool, because ancient farmers dug for next season at this time.

The correct answer was "b", Augustus Caesar! Jan wins one of our yummy chocolate fudge cakes! Now, how about you? Are you ready to take on the Southern Foods At Home Trivia Challenge?

September Trivia Challenge

In honor of football season starting, let's see if you can "tackle" a little NFL trivia:

I was the first to catch 20+ touchdowns in a season, and I did this in only 12 games in the 1987 season. It wasn't too difficult, as on the other end of the ball were Joe Montana and Steve Young. Who am I?

- a. Mike Young
- b. Roger Craig
- c. Jerry Rice
- d. Dwight Clark
- e. Hockey



The first correct answer emailed to me at **ChefMike@SouthernFoodsAtHome.com** wins one of our country apple pies – the perfect dessert to enjoy while watching the big game!

Welcome To New Clients!

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

Donnie & Robin Biggs; Amy Dillon; JD & Joann Dillon, Jr.; Amanda Dyson; Russel & Christy Fox; John & Darlene Garland; Kennie & Toni Harris, Jr.; James & Susan Locke, Jr.; Marty & Vicki McFarling; Garrett & Michelle Mills; David & Leslie Millsaps; Patrick & Nicole Norris; Harold & Robin Smith; Stacey Smith; Edward & Shon Spencer; Morgan & Vicki Stead; Ashley Tew; David & Joann Thomas, II; Philip & Kathryn Waxler; Matt & Sara Zukowski

The Southern Foods At Home Spotlight!

Who's in the spotlight this month? Just our wonderful clients who referred us last month, that's who. **My heartfelt thank you to:**

- **Mark and Debbie Wright** of Asheboro for referring Kenneth and Nicole Norris
- **Jimmie and Megan Meece Jr.** of Central for referring Ashley Tew
- **Harold and Nancy Lipsey** of Jonesville for referring John and Michelle James
- **Lynn Brown** of Greer for referring Michael Thompson
- **Robert Wilkins** of Belhaven for referring Erica Moore
- **Nina P. Vinson** of Maury for referring William and Nanette Vinson

Do you know of a friend or neighbor who could benefit from our service? If so, 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** 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!



A Note From A Long-Time Client

2301 Hovis Court
Raleigh, NC 27615
July 15, 2008



Dear Southern Foods,

We have been customers since 1990; we recently placed our 30th order with Margie Bandiero. When I mentioned why we enjoyed ordering from you, Margie suggested I write you a note.

We placed our first order with Southern Foods after learning that our 9 year-old daughter had high cholesterol. Recently, I heard that doctors are recommending medication for this diagnosis in children. In 1990, we decided we'd plan to eat healthier, and that's what our Southern Foods representative helped us do. I'm happy to report that our daughter is now 26 years old, and she was recently married. Making good food choices and exercising have contributed to the excellent health she enjoys.

We have continued to order from Southern Foods over the years because the food and service have always been excellent. We have benefited from the way the steaks and chicken are packaged (single servings); we don't waste money buying or thawing more than we need. In years past, I've sent a silent "thank you" when I've read about other companies' tainted ground beef being recalled; we know we're ordering the best quality meats when we order from Southern Foods.

From ordering through delivery, your employees and service are the best!

Sincerely,

Jane C. Walker

Meal Planning Made Easy - Dana Yarn, RDL

One question that undoubtedly comes up on a daily basis with most families is: “What’s for dinner?” I know you have commitments and responsibilities and don’t have a lot of time to devote to planning your meals. Half of the battle is coming up with a plan ahead of time. To help, I want to share my system with you that will minimize your cooking time while allowing you to avoid convenience foods that have little nutritional value.

Before I let you in on my secrets, I need to point out one important thing: Of all of the daily commitments you make each day, perhaps the most significant is the one you make to yourself - to eat right and stay active. These food preparation strategies will help make honoring that commitment effortless!

- 1. Plan out the week:** Write out all of your family’s activities for the week on a calendar and plan your menu around each activity. This way, you will avoid the frustration of having to come up with dinner ideas every evening.
- 2. Thaw out your protein item:** Go out to your freezer in the morning and take out the beef, chicken, pork, or fish that you plan on eating that evening. Thawed meat will make the entire cooking process much easier.

- 3. Pre-cook your meals:** I personally find this to be a big time-saver. For me, Sundays are a good day to set aside an hour for batch cooking. You can grill or bake chicken breasts, fish, lean steaks, etc. for the week and incorporate into a variety of meals. For example, chicken breasts can be served for dinner one evening, added to a salad to make a healthy grilled chicken salad for lunch, or used to make a delicious sandwich.



Remember, protein should be incorporated into every meal, and warming up pre-cooked chicken or beef in a pan or microwave makes cooking a snap! While you are grilling or baking your protein, multi-task: Bake potatoes, steam rice, and wash and chop your fruits and vegetables. Devote one hour to pre-cooking per week, and you will save time, and eat healthier.

- 4. Gear up with containers:** Meal-sized containers keep things organized. You can fill up the container with a pre-cooked stir fry, soup, or last night’s leftovers. You will have a great meal, ready to go, for work the next day.

Employment Opportunities Available!

Do you know a talented person who’d be a good fit on our winning team? If so, we’d like to talk to them. We currently have an opening on our sales team and we’re looking for an “A” player who will represent our company and top-notch products with enthusiasm and professionalism. Even better, we will pay you a referral “bounty” for your employment referrals.

Who has been successful at Southern Foods? Recent graduates, former military personnel, Realtors®, mortgage brokers, loan officers, and insurance professionals have all found a happy home with us.

If you have someone in mind that you would like to recommend, please go to: www.SouthernFoodsAtHome.com/recommend and let us know about them. **You will receive a**

\$500 credit on your next reorder for each person you refer to our company who is hired and maintains a 90 day minimum employment duration. You can recommend as many people as you like! Running “help wanted” ads costs a lot of money; we’d rather pay the money to you! So go ahead and let us know about your talented friends who are interested in a great opportunity.



Meet Our Newest Faculty Member

We’re proud to announce that Kim Kantor is joining our team as a fitness consultant. Kim brings a lifetime of health and fitness experience to share with us and in coming months she will be posting fitness-related articles and videos on our website.

As a child, Kim excelled in gymnastics and as she grew so did her passion for fitness. After winning the Georgia state championship in gymnastics, she became a member of the cheerleading squad in high school, which won the 1998 AAAA Georgia state championship. Kim also ran track, cross-country, and pole vaulted.

After high school, Kim attended the University of Tennessee where she graduated a year early so she could start her own My Gym Children’s Fitness center. She served as the director

at My Gym for five years, helping young children learn healthy habits and have fun playing active games. While at My Gym she also competed in the Ms. Fitness USA competitions. She won multiple regional fitness competitions including Ms. Fitness Texas, Ms. Fitness Mile High, and Ms. Fitness Southeast, and placed in the top 10 in national competition three years in a row.



Currently, she is a personal trainer helping adults as well as children reach their fitness goals. If you have a fitness or weight loss related question, you can contact Kim at fitness@SouthernFoodsAtHome.com.

It's Show Season!

Show season is here and we couldn't be more pleased to get reacquainted with old friends and meet new ones. If you've got some free time, please drop by and see us. Bring along a friend to sample our gourmet food being prepared in our booth. Hope to see you there!

Southern Women's Show
Home Solutions Expo
Fall Southern Ideal Show

Sept. 18-21
Sept. 20-21
Sept. 26-28

Charlotte, NC
Salem, VA
Raleigh, NC

Mark Your Calendar

First Day of Autumn, September 22

Autumn begins in the northern hemisphere with the autumnal equinox at 11.44 a.m. EDT.

Are You Ready For Some Football?

It's time to "kick off" the new football season! Are you ready for game day? If you've got family members with linebacker-sized appetites to feed, it's time to load up on a fresh supply of our restaurant-quality food. Your food economist is standing by, ready to be of assistance, so go ahead and get in touch with her today! Or, place your order online via our convenient website.

Three Easy Way To Place Your Order:

1. Call your food economist at **866-571-4921**, followed by her extension
2. Log onto our website at www.SouthernFoodsAtHome.com/reorders
3. E-mail your personal food economist.

Food Economist	Phone Ext.	Email address
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Beverly Henley	172	bhenley@southernfoodsathome.com
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