



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

A Message From Chef Mike

Happy Halloween! This month brings you another loaded newsletter including a scrumptious new recipe - White Bean Turkey Chili. You'll want to make extra of this one, especially if you've got teenagers!

Dana and Kim, our resident nutrition and fitness experts, have written terrific pieces for you, with

important information on how to eat right at work, and get the most out of your exercise program. Add it all up and makes for one SCARY-GOOD newsletter.

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 October, a safe Halloween, and thank you so much for your business.



Southern Foods Recipe Of The Month - White Bean Turkey Chili

Serves 6

- 1 ½ lbs ground turkey
- 1 large onion, diced
- 1 green bell pepper, diced
- 2 cloves garlic, finely minced
- ¼ cup canola oil
- 32oz. chicken stock, 1/4 cup reserved for puree step below
- 2 14½ ounce cans cannellini or great northern beans, divided, drained, and rinsed
- 1 cup shredded cheddar cheese, plus additional for garnish
- 1 can fire roasted tomatoes
- 1 can diced green chilies (hot, medium, or mild)
- 3 tablespoons chili powder
- 2 tablespoons ground cumin
- ½ teaspoon ground cinnamon
- Salt and pepper to taste

1. Heat a stock pot on medium high heat for one minute. Add the canola oil and ground turkey. Break up with a wooden spoon until nicely browned. Add onions, bell pepper, and canned chilies. Then toss pan ingredients together. Turn the heat to high and continue to cook until veggies begin to caramelize (about 5 minutes).

2. Add chicken stock, one can of beans, and the can of fire roasted tomatoes. Stir to combine. Reduce heat to medium and cover to simmer while you make the puree mixture in step #3.



3. In a food processor (or blender) add the other can of beans, cheddar cheese, and reserved ¼ cup chicken stock. Process mixture until smooth. Add the pureed bean mixture to the pot and stir to incorporate. Add the last four ingredients. Remove from heat and let stand for 5 minutes to thicken.

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

Enjoy! Chef Mike

Memorable Holiday Meals

Can you believe Thanksgiving and the holiday season are right around the corner? Now is the perfect time to place your order for the ultimate holiday turkey or ham. Whether you're hosting a large party at a club or church group, or simply having an intimate family gathering, Southern Foods can provide you with the meats and desserts you need to impress your guests. For more information, give us a call at **(866)-571-4921** and we'll get you set up with all the fixin's!



The Southern Foods Spotlight!

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

- **Joseph and Emily Shoemaker** of Hamptonville for referring Nathan and Sharonda Settles
- **Lynne Brame** of Lexington for referring Jennifer Hinson
- **Ashley Tew** of Spartanburg for referring John and Heather Seabrook
- **Stephen & Monica Price** of Browns Summit for referring Matthew & Sara Zukowski

If you know someone who could benefit from our service, please let them know about us! For each referral that joins the Southern Foods 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 reward but because you believe we provide better, healthier food. To refer a friend, simply go to www.SouthernFoodsAtHome.com/refer and fill out the easy referral form. We'll take special care of your friends and even give them **a surprise gift from you!** Thank you in advance for your support!

In Our Customer's Words...

Chef Mike,

Just wanted to tell you how much we enjoy our Southern Foods. It's just like the brochure says, "great taste, great tradition & unsurpassed quality." Margie (our food economist) is always very pleasant, helpful and simply the greatest.

The styrofoam coolers that the food comes in are good quality and I've never had a problem with the food being thawed when I receive it. Once all the food is out of the coolers, they come in handy for all kinds of things. I have stored books, household items, and all sorts of things in them. I have taken frozen foods half way across the country without the ice melting and even given some of the coolers to friends and neighbors. Thanks for your great service.

*Kathy Strasser
Hot Springs, VA*

Do You Know A Talented Person Looking To Change Careers?

Thank you for all of your employment referrals last month. Because of your recommendations, we met some really terrific people. We're still hiring "A" players, so if you think you know of someone who might make a great addition to our sales team, we'd love an introduction.

To express our gratitude, you'll **receive a \$500 referral credit**

on your next reorder for each person who is hired and maintains a minimum employment duration. We'd simply rather pay you than run expensive hiring ads.

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!

Come On Out To The Show!

We'll be exhibiting at several shows over the next few weeks. If you have 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!

Dixie Classic Fair:

Oct 3-12 @ Winston-Salem, NC

Holiday Market:

Nov 7-9 @ Greensboro, NC

Women's Health & Beauty Expo:

Nov 8-9 @ Salem, VA



Work Smarter, Not Harder To Lose Weight - Kim Kantor, Ms. Fitness Southeast

Many people believe that if they kill themselves in the gym, they'll lose those unwanted pounds. **But working out too hard can actually PREVENT you from seeing the results you want.**

Overtraining, or going beyond your anaerobic threshold, means your body stops utilizing fat as a fuel source and starts using muscle, glucose, and carbohydrates. You could, therefore, run for hours and actually do nothing to help with weight loss. The old saying "no pain no gain" does not apply.

If you have been working out but not seeing the results you want, there are a few simple solutions. **The first is, slow down.** Instead of running, try walking on an incline. Sometimes less really is more.

You can also get a metabolic assessment profile (MAP). Your carbon dioxide and oxygen levels will be measured, along with your heart rate. This will tell you exactly what your heart rate is when you are burning fat. Then, your future workout strategy entails staying in this fat burning zone.

Another big misconception is that you must severely cut calories for effective weight loss. Overdo it here, and you can undermine your ability to shed that unwanted fat. When you don't eat enough, your body goes into a sort of primitive "starvation mode" and actually holds onto excess fat.

To prevent this, **you need to eat small, healthy meals every three to four hours.** You'll never feel hungry, and the small, frequent meals will ramp up your resting metabolic rate (RMR) and turbo-charge your fat loss. To make sure you're eating enough to lose weight, your RMR can be measured, which will tell you precisely how many calories you burn at rest and how many with day to day activity. Both the MAP and RMR tests are available at most quality athletic clubs.

I love hearing from you, so if you have a fitness-related question for me, please visit my web page at <http://www.SouthernFoodsAtHome.com/fitness>. Have a healthy day!



How To Eat Right At Work - Dana Yarn, RDLD

Eating right at work can be a big challenge. If you frequently choose to eat out, go through the drive-thru, or eat processed snacks, your health will eventually reveal your bad habits. Weight gain may occur, cholesterol and blood pressure levels may go up, or you may just feel sluggish and irritable.

Simply taking your meals and snacks with you to work in a cooler is one the easiest ways to improve your health. This technique will also help your finances; most American families spend over \$1,000 a month on eating out! It is time to dedicate yourself to planning, shopping, prepping, and packing your food. The first step is planning. Take one day to think about your nutrition. Plan out your meals and snacks for the week. You will find if you have already thought it out, it is easy to grab what you packed, rather than be tempted by something out of the vending machine or the office candy jar.

Prepare in advance by grilling up several of your frozen chicken breasts or fish fillets. For lunch, these can be thrown on top of salads or inside a whole wheat wrap. Make sure to put a variety of vegetables such as spinach, tomatoes, and cucumbers in your salads and wraps. This will help you meet your five to

nine recommended servings of fruits and vegetables per day.

Don't forget about snacks! In order to speed up your metabolism, you should be eating five to seven times per day. Snacks are crucial! Grab some nutrition bars and low fat, all natural yogurt. Combine the yogurt with fresh or frozen berries, sliced almonds, or ground flax seed to make a delicious and healthy parfait for a morning or afternoon snack.

Keep on hand a cooler and containers that are easy to load and unload. ALWAYS make sure you keep your food at a safe temperature. Placing ice packs in the cooler works well for keeping food cold. By bringing your food with you to work, you are in control of your health. Your body and your wallet will thank you!

To watch a video of me preparing my cooler for work, check out my blog at <http://eating-right.southernfoodsathome.com>.



Don't Miss Out On Chef Mike's Email!

Did you know I send out really fun and interesting emails each month? Most have links to my latest recipe videos in which we go into the kitchen together and prepare the Southern Foods recipe of the month.

I don't want you to miss out on any of these entertaining videos. So, if you haven't already done so, please send me an email to ChefMike@SouthernFoodsAtHome.com with your most current contact information, including your email address. I'll make sure you're on my VIP subscriber list.

But wait! There could be a problem! Your email service provider may use filters which prevent you from receiving or properly viewing Southern Foods emails in your inbox. To prevent this from happening in the future, please add me to your address book.

If you use a web-based email application like Gmail, Yahoo, HotMail, or AOL it's easy: Simply copy the address Southern_Foods_At_Home@mail.vresp.com into your address book, trusted source, contact list, or Safe List.



If you use MS Outlook to check your email, just open an email message from me and click on the "Actions" tab. Then select the "Junk E-Mail" option and then the "Add Sender to Safe Senders List." Click on "OK" and you're all set!

You'll get all of my fun, entertaining, and yes, sometimes goofy emails! I've got something new up my sleeve for October, so look for me to arrive in your inbox soon with something special!

September Trivia Question!

Congratulations to **Mary Flowe-Spicer of China Grove, North Carolina** for submitting the first correct answer to last month's trivia puzzler: 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

The correct answer was "c," Jerry Rice! Mary wins one of our country apple pies! Now, how about you? Are you ready to take on the Southern Foods Trivia Challenge?

October Trivia Challenge

With all the spooks, ghouls, and goblins due to come out for their trick or treat, here's a frightfully good question for you:

What is the name of the serial killer in the film "Halloween"?

- a. Jason Priestly
- b. Michael Myers
- c. Dana Carvey
- d. Wayne Campbell
- e. John Wayne Gacey

The first correct answer emailed to me at ChefMike@SouthernFoodsAtHome.com wins a devilishly delicious caramel fudge pecan pie!

Welcome To New Clients!

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

Brian & Amanda Aldridge; **Tabitha Daniels**; Larry & Melissa Galloway, III; **Joseph & Jennifer Hinson**; John & Michelle James; Jay & Shelley Lovejoy Jr.; David & Erica Moore, Jr.; **Nathan & Sharonda Settles**; Michael Thompson; **Ricky & Angela Thompson**; Toby & Nan Vinson, Jr.

Getting Stuck Without Our Food Is Absolutely Frightful!

Boo! All of the recent news about food contamination is nothing short of SPOOKY! With all the shortcuts some companies take, it's more important than ever to make sure you're feeding your family the very best. That's where we come in. As you know, we choose only the finest cuts of meat from the best stocks and ranchers.

If it's time to reorder, please call or email your food economist. They're always happy to help get you whatever you need so you can provide delicious, nutritious meals for your crew. Or, go ahead and place your order online via our convenient website.

Three Easy Ways To Place Your Order:

1. Call your food economist at 866-571-4921, followed by ext.
2. Order Online at www.SouthernFoodsAtHome.com/reorders
3. E-mail your personal food economist.

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"Wait, someone just sent me a hex message."

Mark Your Calendar

Columbus Day, October 13

Commemorates the landfall of Christopher Columbus in the New World.



Halloween, October 31

Children and adults dress-up in costumes and celebrate with parties and treats.



Holiday Market, Nov. 7-9

19th annual held in Greensboro, NC, with gifts, costumed carolers and Santa.



◆ How To Eat Right At Work

◆ Lose Weight

◆ Work Smarter, Not Harder To

◆ White Bean Turkey Chili

◆ Recipe Of The Month -

Inside this month's issue:

at home Since 1954

Southern Foods ★

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