



A Message From Chef Mike

Welcome to the June edition of your *Southern Foods At Home Newsletter*. With the kids off from school, the lazy summer nights and longer daylight hours, summer is about simplicity. You'll find this month's savory halibut and Tuscan bean salad recipe is not only spectacular tasting but easy to prepare!

There are a couple of additional highlights from this issue that I'd like to point out to you. Did you know that some food can be labeled "all natural" even though it's injected with saline and other

additives? Please read the feature titled, *When Is 'All Natural' Really Natural* for eye-opening insight on this important topic.

This month's newsletter also brings an announcement about a brand new contest you can participate in. The grand prize winner will receive **two round trip Air Tran business class tickets** to wherever Air Tran flies! All the details are on page three.

Of course, our expert faculty has brought you another month of insight, advice, and commentary for you to enjoy. As always, if you have thoughts, comments, or feedback for me on this newsletter, my recipes, or anything else, please email me at ChefMike@SouthernFoodsAtHome.com. Have a great June and happy Father's Day to all of the dads!

Southern Foods At Home Recipe Of The Month – Grilled Halibut With Tuscan Bean Salad

Serves 4

- 2 cups chopped plum tomatoes (about 1/2 pound)
- 1 tbsp chopped fresh rosemary
- 1 tbsp chopped fresh parsley
- 2 tbsp balsamic vinegar
- 2 tsp fresh minced garlic
- 1 tsp extra virgin olive oil
- 1 can cannelloni beans (16oz.), rinsed and drained
- 3/4 tsp salt, divided
- 3/4 tsp cracked black pepper, divided

For The Grilled Halibut

- Non stick cooking spray
- 4 Southern Foods halibut fillets or steaks
- Salt and pepper to taste

1. Combine tomato, rosemary, parsley, vinegar, garlic, oil, and beans in a large bowl, stirring well. Sprinkle 1/4 teaspoon salt and 1/4 teaspoon pepper over bean mixture; stir to combine.



2. Heat grill on medium high for 5 minutes (3 minutes for a grill pan). Spray the halibut with the cooking spray and season with the salt and pepper. Place on hot grill and cook for three minutes per side. Serve with the Tuscan bean salad.

You can check out a video demonstration of me preparing this delicious recipe at www.SouthernFoodsAtHome.com! Enjoy! Chef Mike

When Is 'All Natural' Really Natural?



We all feel better when we eat well. But did you know that not all 'all natural foods' are equal? Consumers need to be careful about what they're actually buying.

Many companies (especially producers of beef and chicken) are now becoming more clever with their product labeling to create an illusion that their food is 'healthy' or 'all natural,' when in reality it's anything but. A recent article in the Wall Street Journal reported that most of the chicken sold in the U.S. is 'plumped up' with salt, water and even seaweed extract. Surprisingly, the U.S. Department of Agriculture says chicken processed this way can still be labeled 'all natural' or '100% natural' because those are natural ingredients, even though they aren't naturally found in chicken.

So-called enhanced or "plumped" chicken has between 200 and

400 mgs of sodium per serving, almost as much as a serving of fast-food french fries. If you're trying to watch your sodium to cut your risk of high blood pressure, heart attack and stroke, it pays to stay away from this unneeded salt intake.

Why do these companies include these additives? The answer is money. Chicken is sold by the pound, and added saline increases its weight and the company's profits.

Unlike those other companies, here at Southern Foods At Home, when we say 'all natural' we mean 'all natural.' We *never* add water, salt or (yikes!) seaweed to our chicken or other proteins. You get quality meats and poultry that are hormone, chemical, preservative and salt-free. To us, that's nature at its best.

The bottom line is not all 'all natural' food is created equal, but you can have confidence knowing you're getting the best, most wholesome food available from Southern Foods At Home.

May Trivia Winner

Congratulations to Becky Huggins of Rock Hill, SC for winning last month's trivia puzzler: In what year did Mother's Day become an official U.S. holiday?

- A) 1950
- B) 1939
- C) 1963
- D) 1914



The correct answer is "D." In 1914, congress and President Wilson established a national Mother's Day emphasizing the role of women in their families. Now how about you? Are you ready to take on the Southern Foods Trivia Challenge?

June Trivia Challenge

June 21 is the longest day of the year, also known as the summer solstice. What is the origin and definition of the word **solstice**?



- A) Latin for "sun stands still"
- B) Greek for "time stops"
- C) Greek for "sun rotates"
- D) Latin for "midnight"

Send your answer to me at **ChefMike@SouthernFoodsAtHome.com**. If your answer is correct, you'll be entered into a drawing to win a Caramel Fudge Pecan Cake!

Our New Clients!

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

Kenny & Ann Angel, Mike Barnette, Jr., Wes Benson, Bill & Cecilia Caldwell, Christopher & Samantha Coffin, Stefan & Tammie Cohrs, Jay Copeland, Jr., Ben & Sarah Crowell, Jr., Chris & Toni Dunnam, Jack & Charlene Green, Jr., Tommy & Melanie Hicks, Julie Hoskins, Ronald & Carla Lamm Sr, Ruger & Karen Parker, Suzie Parrett, Jim & Valerie Thorton, Jon Troesch, Doug & Edith Tucker, Kathy Weber, Matt & Tisha Weddle, James & Brenda Willard, Jr., Richard & Christy Willis, III.

Healthy Eating And Summer Fun! - Dana Yarn, RDLD

With temptation at every rest-stop, beachfront grill and hip new restaurant, it's difficult to eat healthy while on vacation. But there's no reason to stop your progress just because you're taking a well needed rest. The key is to find the happy medium between avoiding junk foods and an occasional indulgence while you're away. There are several strategies and tricks I'd like to share to help you avoid summer weight gain while away (or even at home!).

Breakfast and lunch alternatives - Without a doubt, breakfast is still the most important meal of the day and should never be skipped. If you are staying in a hotel with a continental breakfast, stay away from fatty pastries, muffins and donuts, and stick to fresh fruits, hard boiled or scrambled eggs or fiber rich cereals instead. If you are on your own for breakfast, there are always healthy alternatives on any restaurant menu. You can't go wrong with eggs, wheat toast and fresh fruit.

Eating out, not pigging out - While away, most likely the majority of your meals will be eaten at restaurants. Just remember that healthy choices are now offered everywhere. The main concerns with eating out are portion sizes and making the right choices. Stay away from anything fried or with heavy sauces and go with items that are grilled, broiled or steamed. Most importantly, just because the food is in front of you does not mean you have to finish your plate. Stop eating when you feel full.

Tasty treats - While away, your activity level may be higher than usual. You may be walking around or swimming at the pool and burning more calories. With all those extra calories burned there's room for a little bit of indulgence. Every vacation spot has unique foods and treats that you shouldn't pass up. Once again, it is all about how much you eat, so limit your treats to one per day.

Road trip healthy eating - Eating healthy and road trips are two phrases that are not commonly used together, but it is possible. It is too easy to pull over and grab a combo meal or pick up some chips at the gas station. There are alternatives to both of these. Pack a cooler full of healthy snacks like fresh fruits and vegetables, healthy sandwiches, yogurt, granola, trail mix and lots of water so you remain hydrated. If you must stop at a fast food place, consider healthy options like a salad or a fruit cup as substitutions for fries. Or go with a grilled chicken alternative.

Eating healthy while away from home is easy to do if you keep these strategies in mind. You are on vacation, so it's okay to indulge now and then, as long as you make healthy decisions the rest of the time. Think of how good it will feel when you don't gain "vacation weight"!

To check out my latest video, log onto my blog at <http://eatingright.southernfoodsathome.com>.



In Our Customer's Words

"I have been a customer for a year and a half. In June of 2008 I was diagnosed with stage 4 metastasized breast cancer and received chemotherapy for 15 weeks. The chemo had a negative affect on my appetite and I did not enjoy food very much. I was able to tolerate meat only in very small quantities. I more or less counted on the burger patties from Southern Foods At Home as a regular source of protein, even if one patty would take me two days to eat!"

We then went over to a friend's house for a cookout and they served hamburger from a local grocery store. I noticed that it didn't seem to taste as good as I thought it should but I chalked that up to my chemo. Within an hour, I was physically ill. This was a pattern that was repeated throughout the entire course of my treatment. If I ate at home, with meals prepared from Southern Foods, I was able to tolerate it, and even occasionally enjoy it (when I was able to taste, that is!). Whenever I ate outside the house, I simply could not tolerate it, whether it was beef, pork, fish or chicken.

Even now that I am in remission and actually enjoying the taste of food again, I find that purchasing meat from a grocery store is a waste of money and time. It does not taste anywhere near as good as what we get from Southern Foods and usually within an hour I find that I am physically sick to my stomach. When I find my freezer getting a little low, I will prepare vegetarian meals until we get our delivery rather than go to the local grocery stores. If our meat does not come from Southern Foods, I simply can't eat it. I am so thankful I found you! Southern Foods At Home is WONDERFUL."

**Carole Mitchell
Winston-Salem, NC**

The “Tell Us Your Southern Foods Story” Contest

We love hearing your stories about how our all natural foods have helped you improve your life, overcome a health challenge, or turn a child who was once a picky eater into a “plate cleaner.” Your stories not only inspire us, they inspire others to lead a healthy lifestyle.

So we’re excited to announce our new **“Tell us your story contest.”** Here’s how it works: Simply tell us your story about how Southern Foods has made a difference in your or your family’s life.

There are several ways to enter:

- Write us a letter to (send to Chef Mike “Tell Us Your Story” 3669 N. Peachtree Rd., Ste. 200 Atlanta, GA 30341)
- Email Chef Mike (ChefMike@SouthernFoodsAtHome.com)
- Post a video on YouTube (send us the link to email above)
- Write on our Facebook wall (ask your kids if you don’t know how to do this)
- Tweet about us on Twitter (include “@SouthernFoodsAtHome” in your tweet)

Prizes

We’ll announce a winner and award a prize for each media category in addition to choosing an overall grand prize winner.

- Email/Letter/YouTube winners will each receive a **complete set of Carico cookware**
- Twitter/Facebook winners will each receive a set of **Carico professional cutlery**



The grand prize winner will receive **Two Round Trip Air Tran Business Class Tickets** to wherever Air Tran flies **PLUS** the prize for their category!! Excited? So are we! Please submit your entry by **September 1, 2009**. Good luck to all!

Food Additives And Children’s Behavior

By Karen DeFiore, RN

Among the many factors that shape the lives of our children, nutrition often plays a critical role. Did you know that, on average, 30% of the food in a typical American diet is processed? Usually, this means these foods lack real nutritional value and have to be enriched to compensate for vitamin and mineral loss.

Unfortunately such enrichments, including those that extend the life of food as well as their coloring, have the potential to cause more harm than good, especially for developing brains and young bodies. Some studies show that food coloring has an adverse effect on the nervous system. The liver cannot break down these chemicals and they affect our neurotransmitters and eventually our thinking ability.

When food additives are added to natural foods, physical and behavioral problems can occur. As a result, many parents of hyperactive children are told to eliminate food colorings in their children’s diet. Other common additives to watch out for include preservatives, artificial sweeteners, and caffeine. Preservatives are found in all processed foods and even in some food labeled “natural,” (but not at Southern Foods). The more food additives and preservatives we get on a daily basis, the more our liver has to detoxify.

What children eat during their growing years has a great effect on the way they think, learn and act. Many studies have found that children with higher intakes of antioxidants, B vitamins and minerals do better in school than those children whose diets are lower in these nutrients.

Fortunately, as our customers, you have a wide variety of foods that contain no additives or preservatives. All of our beef, veal, lamb, pork, poultry and seafood are natural and contain no artificial preservatives or food additives. Also, our vegetables are all natural or organic. We’re proud of our products not only because they’re delicious and healthy for you, but because they’re so much better for your children.

Karen DeFiore is a Registered Nurse who has worked in pediatric, orthopedic and surgical nursing.



The Southern Foods At Home Spotlight!



Thanks to our wonderful clients who’ve referred their friends and family last month. You are the best!

My heartfelt thanks to:

- **Melissa Sutton** of Greenville for referring Milton Barnett Jr.
- **Christopher and Samantha Coffin** of Stella for referring Ruger and Karen Parker
- **Richard and Kelly Willis III** of Newport for referring Ronald and Carla Lamm, Sr.
- **James and Amanda Drum** of Hickory for referring Ashley Troesch

And special recognition to:

- **Samuel and Stephanie Archino, Jr. of Greenville** for referring Kathy Weber **Referrals Three Months in a Row!**
- **Jamie Harrelson of High Point** for referring Suzanna Parrett **Referrals Two Months in a Row!**
- **Mark and Katherine Kraft of Rolesville** for referring James & Kimberly Wright, II and Brian and Erica Luers **Two Referrals!**

Steak Rub Contest Update!

Next month we announce the winner of our steak rub recipe contest. If you haven’t entered yet and would like to, email us your favorite rub recipe. If we deem your recipe the “next best rub” **you could be featured with Chef Mike in an upcoming video where we use YOUR rub on our steaks!** We can even shoot the video at your house! The winner will also receive an 8” professional steak knife, a bamboo cutting board and a case of 12 steaks of your choice!



To enter, send your steak rub recipe to **ChefMike@SouthernFoodsAtHome.com**. Good Luck!

Mark Your Calendar

Fathers Day, June 21

Observed the third Sunday in June by Presidential proclamation in 1966.



Independence Day, July 4

Commemorates the independence of the Colonies in 1776 from England.



June Reorder Special!

When you refer a friend with your June reorder you'll receive **two FREE 8oz rib eye steaks on top of your customary referral bonus!** These are hand cut and triple trimmed USDA Choice rib eye steaks, aged 21 days for superior taste. The finest marbling ensures incredible taste and tenderness. Each individual steak is vacuum sealed to lock in freshness and flavor - just the thing for a perfect summer cookout.



To place your order, contact your Southern Foods At Home food economist at **866-571-4921**, email your food economist, or order online at www.SouthernFoodsAtHome.com.

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We're Tweeting, Facebooking and YouTubing! Join Us Online!

Thanks to our savvy social networking expert, 20 year old Ryan Kantor, son of Southern Foods At Home's CEO, Keith Kantor, you can now check us out on some of our favorite social networking sites.



You can follow us on Twitter, find us on Facebook and watch our videos on YouTube (www.YouTube.com/SouthernFoodsHome)! We'll keep you up to date with what's new and exciting in the Southern Foods At Home world. Make sure you check back often for new product information, specials, hot tips and even a chance to win big in our new contest, featured in this newsletter!

Keep up with us on Twitter at <http://twitter.com/southernfoodsathome>. You can become a Southern Foods 'official fan' by going to www.Facebook.com and searching for the Southern Foods At Home fan page! We're constantly updating our pages and 'tweets,' so come see what it's all about!

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