



A Message From Chef Mike

Greetings and welcome to the August edition of the *Southern Foods At Home Kitchen*. We're almost into fall! Can you believe it? I hope your summer has been full of family get-togethers, relaxing outdoor outings, and many gatherings around the table. This month's issue is filled with

useful information and tips to help you get your table and your household ready for the next season.

Our new skirt steak recipe is sure to get your mouth watering! Informative articles this month will touch on the subjects of

running and sodium consumption. We also have a trivia winner to announce! And speaking of announcements, did you know that we were recently named one of the 50 fastest-growing companies in Atlanta?! Read more about this exciting news on page three.

As always, we strive to provide you with valuable health-conscious information on the subjects of cooking for your family and staying healthy.

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 August, and of course, thank you for your business.

Southern Foods At Home Recipe Of The Month - Grilled Skirt Steak

Serves 4

- 1 skirt steak, thawed
- 1 Tablespoon olive oil
- Instant Gourmet® Awake-A-Steak seasoning

Zucchini Squash Delight

- 1 8 oz.-package yellow zucchini squash, thawed
- 1 Tablespoon olive oil
- 1 Tablespoon white onion, diced fine
- ½ Cup chicken stock
- 1 Tablespoon butter (Check out our new Plugrá butter!)

1. Heat your grill on high for 10 minutes. In the meantime, rub the skirt steak with the oil and season to taste with the Instant Gourmet® seasoning. Grill the steaks for 2-3 minutes per side. Lower the heat to medium and continue to cook until done to

your preference. Remove to a carving board and let rest for 10 minutes before slicing.

2. Heat a medium size pot over medium heat for one minute. Add the oil and onions and sauté for one minute. Add the squash and chicken stock and cover with lid. Simmer for 10 minutes. Add the butter and serve.



Enjoy with some Rice River Farms Calico Blend! You can check out a video demonstration of me preparing this delicious recipe at www.SouthernFoodsAtHome.com!

Bon appétit! Chef Mike

Sodium – Are You Consuming Too Much? - Dana Yarn, RDL

During every initial consultation, I always ask my clients if they are aware of how much sodium they consume on a daily basis. Most of them reply, "I don't eat any salt," when in fact they are consuming 2-3 times the recommended amount per day. Just a pinch or dash here and there can add up to unhealthy levels of sodium, especially when most foods already contain dangerous amounts of it. Almost 80% of sodium intake comes from eating processed foods and condiments. So even if you limit the amount of salt you add to your food, the food itself may already contain too much sodium.

Some people are more sensitive to the effects of sodium than others. Those in this group hold on to sodium more easily, which may lead to excess fluid retention and increased blood pressure. If you

are in that population, extra sodium in your diet increases your chance of developing high blood pressure – a condition that can lead to cardiovascular and kidney diseases.

Your body does need sodium to function properly and it does exist naturally in food. So how much sodium should you consume per day? **Most healthy adults should consume approximately 2500-3000mg of sodium per day**; those with health conditions like heart disease and hypertension should cut back to approximately 1500-2400mg of sodium per day. To put these numbers into perspective: **1 teaspoon of table salt has approximately 2300mg of sodium**, 1 tablespoon of soy sauce has approximately 1000mg of sodium per serving. Adding these extras while cooking or at the table raises the sodium content of your food tremendously.

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Sodium – Are You Consuming Too Much?

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There's an added bonus to cutting back on sodium: your body will appear leaner due to less water retention. I have had some clients reduce their weight by 10 pounds as a result of cutting back on processed sodium-rich foods. If you are addicted to table salt on your food, a salt substitute is not the answer! **Salt substitute can put just as much strain on vital organs as table salt.** Instead of a salt substitute, choose fresh herbs, spices and low-sodium seasonings for extra taste on your foods.

Different Strategies for cutting back on sodium:

- Eat more natural foods and fewer processed foods. Most fresh fruits and vegetables are naturally low in sodium. Also, natural meat is lower in sodium than luncheon meat, bacon, hot dogs, sausage and ham. Buy poultry or meat

that hasn't been injected with a sodium-containing solution.

- Remove or reduce salt from recipes whenever possible. You can leave out the salt in many recipes, including casseroles, stews and other main dishes. Baked goods are an exception. Leaving out the salt could affect the quality, as well as the taste of the food.
- Limit your use of sodium-laden condiments. Salad dressings, sauces, dips, ketchup, mustard and relish all contain sodium. Look for lower sodium options.

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



Meet Our Newest Team Member!

We would like to introduce you to Shary Peek, our newest Southern Foods At Home sales representative! Shary graduated from Georgia State University with a bachelor's degree in Health and Human Sciences and a concentration in nutrition.

"I have always been passionate about leading a healthy lifestyle," says Shary. "Eating well and exercising are the primary ways to accomplish this. I'm thrilled that Southern Foods At Home allows me to promote my passion."

In January of 2009 Shary resigned from a high pressure corporate sales job to find a career that was more conducive to her passion. After two months of searching, she came across Southern Foods At Home through our very own resident dietitian, Dana Yarn.

After thorough research and with Dana's recommendation, Shary was smitten! "My new role as a Southern Foods At Home representative allows me to use my knowledge, nutrition degree,

and my passion about healthy eating to impact other families as well as provide for my own. Being able to sell something I truly believe in is such a rarity in the professional sales arena." Shary's new career also gives her time to balance her busy life as a working professional and single mom of two children, Joseph, 6, and Muriel, 4.



One arena which Shary is particularly excited about is Southern Foods At Home's Health Professional Partnership Program. "Being able to network with chiropractors, nutritionists, dietitians and personal trainers is a great source of contacts. Our service is a valuable resource to these health professionals who can then recommend it to their patients and clients. I am very excited about the opportunity I have with Southern Foods At Home!" We're very excited to have her on board!

August Reorder Special – Enjoy Two Salmon Filets On Us!

Want to savor a healthy, delicious dinner for two – for free? Just place your reorder during August and we will add **two 8 oz salmon filets with sweet herb rub** as our gift to you. Bake or grill, add a side of asparagus and one of our new organic rice selections for a delicious and healthy meal.

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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Southern Foods At Home Named One Of Fastest-Growing Companies

Here's some news we're excited about: Southern Foods At Home's parent company was recently named one of Atlanta's 50 fastest-growing private companies! The *Atlanta Business Chronicle* awarded us the 22nd place on this honorable list of successful businesses.

We're committed to helping those in our community eat better, and live healthier, longer lives. We are exhilarated and grateful to you – our valued customer – for being loyal and supportive of our mission.



Tell Us Your Southern Foods Story... And Win!

Has Southern Foods At Home helped you improve your life, overcome a health challenge, or turn your child into a star eater? If so, we want to know! Simply tell us your story about how Southern Foods At Home has made a difference in your or your family's life and you could not only be featured in an upcoming newsletter, but win a host of fabulous prizes! This is your **LAST** chance to enter this contest before time runs out, so don't delay!

There are several ways to enter:

- Write us a letter and 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!

Winners will receive a **complete set of Lake Industries cookware and professional cutlery**. The grand prize winner will receive **Two Round Trip Air Tran Business Class Tickets** to wherever Air Tran flies. Excited? So are we! **Please submit your entry by September 1, 2009.** Good luck to all!

New Unsalted Butter – The Healthier Choice

We all know that butter is not a very healthful food. However, sometimes it is a necessary component of a recipe. So if you *have* to use a bit of butter, why not go with the more wholesome choice for your family? Southern Foods At Home is now offering new Plugra unsalted European Finishing Butter in 8 oz. packs. Plugra butter imparts a richer taste and smoother texture to foods and is long preferred by leading chefs, bakers, confectioners and anyone who appreciates fine food.

So how is Plugra butter better than conventional butter? Plugra European Style Butter is slow-churned in a way that creates a lower-moisture, creamier texture than other butters. It's great for baking too! Its lower moisture content means that cakes will rise higher, cookies will crisp more evenly and pie crusts or croissants will be flakier.



The Southern Foods At Home Spotlight!



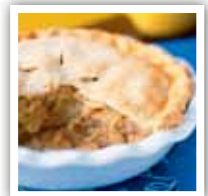
Thanks to our wonderful clients who've referred their friends and family last month. You are the best! **My heartfelt thanks to:**

- **Frank Taylor** of Rocky Mount for referring Roy Gittings
- **Renee Stallings** of Elizabeth for referring John Riley
- **Bates and Clancee Felder** of St. Matthews for referring Travis and Stacie Kingsman
- **Steven and Melissa Blackwell** of Greensboro for referring Charles and Penny Trivette
- **Ryan and Amy Smithson** of Winston-Salem for referring John and Cathie Hoover
- **Dustin Smith** of Mocksville for referring Mark and Roscoe Russell
- **John and Tanya Mole** of Dublin for referring Joseph and Jessica Mole

July Trivia Winner

Congratulations to Harry & Shirley Robinson of Hillsborough, NC for winning last month's trivia contest: Which former member of the rock band "The Eagles" wrote the 1984 hit, "**The Boys of Summer**?"

- A) Glenn Frey
- B) Randy Meisner
- C) Joe Walsh
- D) Don Henley



The correct answer is "D," Don Henley! Way to go Harry and Shirley, you win a scrumptious apple pie. Now how about YOU? Are you prepared to try the newest Southern Foods At Home Trivia Challenge?

August Trivia Challenge

What language does the word autumn come from?

- A) German
- B) French
- C) Italian
- D) Russian



Send your answer to me at ChefMike@SouthernFoodsAtHome.com. If your answer is correct, you'll be entered into a drawing to win a French silk pie!



In Our Customers' Words

“ Thank you so much for the tremendous service your company provides. From the high quality foods to the service personnel who deliver and stock the food in our freezer, everything about your company is awesome. My family and I appreciate all of you taking great care of us. ”

A very satisfied customer,

Jason Kean
Snellville, GA

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“ The best asset you ever had as an organization is Jerry Downey. She is a joy to work with and I love getting to speak with her. It will be a sad day for Southern Foods At Home when she finally retires. I hope you know what a jewel she is. ”

Linda and Jeff Lawrence
Woodstock, GA

Welcome To 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:

Todd & Riley Binnicker, Donald Bland, Gerald & Paulette Brunning, Jr, Caddell & Yonna Burton, Bates & Clancee Felder, Roy Gittings, Joshua & Jessica Katz, Michael Lee & Denise Locklear-Lee, Todd & Elizabeth Morgan, Gary & Margaret Mundy, Jamie & Shelia Pfefferkorn II, Fred Riley.

Mark Your Calendar

Labor Day – September 7, 2009

The celebration of Labor Day has its origins in the eight-hour day movement, which advocated eight hours for work, eight hours for recreation, and eight hours for rest. Bet you didn't know that!



◆ Meet Our Newest Team Member!

◆ Sodium – Are You Consuming Too Much?

◆ Recipe Of The Month:
Grilled Skirt Steak

Inside this month's issue:

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