



A Message From Chef Mike

Greetings and welcome to the November edition of the *Southern Foods At Home Kitchen!* November is truly the beginning of the holiday season, with Thanksgiving almost upon us!

To help get you into the spirit, we have filled this issue of your

newsletter with important information, including how to keep your figure in tact during the holiday season. Our fitness expert, Kim Kantor, offers her exercise tips, while Dana Yarn discusses the

health benefits of a popular seasonal item – pumpkin!

I know this time of year can be extremely demanding on your schedule, so for our recipe of the month, we break out an indispensable item, the crock pot! This kitchen gem really adds meaning to the “set it and forget it” method of cooking.

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 November, a happy Thanksgiving, and thank you for your business.

Southern Foods At Home Recipe Of The Month - Chicken with Tropical BBQ Sauce

Serves 4

- ¼ Cup molasses
- ¼ Tsp. hot sauce
- 2 Tbsp. of cider vinegar
- 2 Tbsp. of orange juice
- 2 Tbsp. of Worcester sauce
- 2 Tsp. of Dijon mustard
- 4 Boneless chicken breasts

1. Combine first 6 ingredients in a bowl and mix well.
2. Dip the chicken breast into the mixture and place in crock pot or oil core skillet. Pour the remaining sauce over the chicken.

3. Cover and cook on low for 7-9 hours (or on high for 3-5 hours).

Check out a video demonstration of me preparing this delectable recipe at www.SouthernFoodsAtHome.com!

Bon appétit! Chef Mike



The Only Movements You Need to Know *Kim Kantor, Ms. Fitness Southeast*

When visiting a gym, you’ve probably been in awe of all the shiny, fancy exercise machinery that lines the interior. Exercise facilities often promote the myth that all of this equipment is completely necessary in order get stronger or lose weight.

But really, there are just six basic movements that you need for real “everyday”, practical strength.

Squat

The most basic of all movements is the squat. This movement builds strength in the abdominals, low back, glutes, quadriceps, hamstrings and calves, and is useful for everyday activities like picking up a bag of groceries.

The most basic form of a squat is a body weight squat which can be performed by simply sitting down on a chair and then standing up (or in the same manner without a chair). An advanced version of the squat would be a barbell back squat or a vertical jump.

Lunge

Being able to perform a lunge grants you the functional ability to climb several flights of stairs or walk up a steep hill.

A basic form of the lunge would be a single leg toe touch. This exercise forces the exerciser to stand on one leg, bend the knee,

and touch his toe with the opposite hand; this builds balance, coordination and strength in the legs and core. An example of advanced lunging includes split jumping and weighted step-ups.

Bend

Bending is among the most important of all exercises, and is helpful for picking up heavy items like water cooler bottles and even “addressing the ball” in golf.

The most primitive form of bending is to simply pivot forward at the hips and reach for the floor with slightly bent knees. An advanced form of the bend is the barbell-loaded straight legged dead lift.

Push

A basic upper body movement, the push is essential to move yourself off the floor or open a heavy door. This pattern builds strength and flexibility in the shoulders and upper arms.

A very basic form of the push pattern is the push up exercise. An advanced version of the push pattern would be a barbell loaded



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The Versatile and Healthy Pumpkin! *Dana Yarn, RDL*



Fall is one of my favorite times of the year; I love the cool air, bright sun, the leaves changing, and most of all the pumpkin-themed treats and coffees. You see pumpkins everywhere: a patch on the side of the road, or on your doorstep carved into something silly or scary.

After the pumpkin is carved, most of the time the insides are thrown away. This is a waste, because this super food offers several health benefits that will make you want to incorporate both pumpkin and the seeds into your daily meals and snacks.

So, what is so good about pumpkin? Pumpkin meat is rich in antioxidants, more specifically carotenoids, which give pumpkins their orange color. Pumpkins are also high in lutein and zeaxanthin, which have been shown to prevent the formation of cataracts and reduce the risk of macular degeneration, a serious eye problem that usually results in blindness. They are also rich in fiber, which helps with digestion and heart health. You can incorporate pumpkin into whole wheat pancakes, or oatmeal with cinnamon and nutmeg.

Don't forget the seeds! Pumpkin seeds are high in protein; ¼ cup of seeds provides about seven grams of protein. They also contain copper, iron, magnesium, manganese, phosphorus, and zinc. And their oil is high in plant-based fatty acids which contribute to the reduction of blood cholesterol levels. Pumpkin seeds can be incorporated into baked breads, trail mix, cereals, and on top of salad. Or just eat them by themselves!

So the next time you are tempted to toss the insides of the pumpkin, get creative and enjoy the healthy benefits of this super food!

Check out my pumpkin muffin recipe:

Whole Wheat Pumpkin Muffins with Raisins and Walnuts

- 1 ¼ Cup whole wheat flour
- 1 1 ¼ Cup all purpose flour
- 2 Tsp. of baking powder
- 1 Tsp. of baking soda
- ½ Tsp. of salt
- 2 ½ Tsp. of pumpkin pie spice
- 1 Cup of pumpkin puree (canned or fresh)
- 2 Tablespoons of oil
- ¾ Cups of honey
- 2 eggs (or 3 egg whites or ½ cup all natural applesauce)
- ¾ Cups buttermilk
- 1 Tsp. of vanilla
- ½ Cup of raisins
- ½ Cup of chopped walnuts

1. Preheat oven to 375 degrees. Lightly grease a standard size 12 cup muffin tin (I use cooking spray).
2. In a large bowl, whisk together flour, baking powder, baking soda, salt, and pumpkin pie spice; set aside.
3. In a separate bowl, whisk together pumpkin, oil, honey, eggs, buttermilk and vanilla.
4. Pour wet ingredients into dry ingredients and stir together until just combined. Fold in the raisins and walnuts.
5. Divide batter evenly between 12 standard sized muffin cups. Bake 20-23 minutes in a preheated 375 degree oven. Muffins are done when they spring back lightly to the touch or when a toothpick inserted in the center comes out clean.



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

We're Ramping Up our "Green" Efforts!

Southern Foods At Home has made earth-friendly business practices a major objective. Along the way, we've won several awards for our "green" initiatives.

Now, as part of our ongoing commitment to serving not only our customers, but also our planet, we have decided to reduce the number of printed newsletter issues from 12 to nine per year. You will now receive nine physical copies of the newsletter in your mailbox. The other three issues will be available to read on our website.

This reduction in printing will help conserve paper and thus help save trees. The months when printed copies will not be available are the months when people frequently travel and thus are less likely to need a printed newsletter – December, March and July. During those months, be sure to log onto our website www.SouthernFoodsAtHome.com to stay up-to-date on all the food and health news we have to offer. Thanks for working with us to keep our planet a better, cleaner place to live!



The Southern Foods At Home Spotlight!

Thank you to our wonderful clients who've referred their friends and family last month. You are the best and we're grateful!

My heartfelt thanks to:

- **Vivian and Muriel Burnette** of Galax for referring Jonathan and Kathy Matheny
- **Ricky and Cheryl Miller** of Walkertown for referring Joel and Deborah Rosenquist
- **Jeremy and Stacey Pederson** of Beaufort for referring Walter and Carol Settle AND Nathan and Katharine Willis
- **Jamie Harrelson** of High Point for referring David AND Lisa Duff and Christopher and Lisa Davenport
- **Timothy and Susan Wilson** of Morehead City for referring Elizabeth Croswell AND James Paylor Jr.

TWO REFERRALS!

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Our Employees Strive to Be Healthier Too!

Karen DeFiore, RN

Here at Southern Foods At Home, we not only sell healthy, natural food, we promote an active, body-conscious lifestyle. This goes for our employees, as well as our customers!

Recently, we implemented the Southern Foods At Home Employee Health & Wellness program. We all know that regular exercise along with eating all natural lean meats, fruits and vegetables may lower our risk of various chronic diseases, like cancer, stroke and heart disease. But it's one thing to know it, and another to do it!

We want to help our team members lead healthier longer lives, by giving them incentive to get in better shape, lower blood pressure and lose weight. That's why we're holding a contest to see who can be the Southern Foods At Home "biggest loser!"

Several employees have made commitments to lose those few extra pounds. We will keep you updated on the status of the program and how everyone is doing. So, let's embrace better eating and exercising together!



If you have a medical question, please email me at nurse@southernfoodsathome.com.

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

Southern Foods At Home Named Best Place to Work!

Here is some news we just had to share! *The Atlanta Business Chronicle* ranked our parent company **No. 15** in the small business category on its annual list of the Best Places to Work for 2009, an exclusive ranking of the 50 most employee-friendly companies.

To find the 2009 Best Places To Work, the *Atlanta Business Chronicle* asked readers to nominate workplaces in the area. This year nearly 500 companies and organizations were nominated, almost double the 256 nominated last year. Then, employees at participating companies and organizations were surveyed by Quantum Workplace – a workplace consultancy asked to participate in the search. Surveys asked questions about workplaces, coworkers and managers.

Criteria for being selected to the list include the level of employee engagement, benefits package offered to employees, work environment, corporate culture, empowering employees to reach their personal and company goals, and ensuring employees know and feel they a top company priority.

We are extremely happy to be on this prestigious list of Best Places to Work. Our goal has always been to provide our associates with a great workplace, so they, in turn, can help our customers eat better, and live healthier, longer lives.



The Only Movements You Need to Know *continued from page one*

bench press, a standing weighted push press, or medicine ball chest pass.

Pull

The pull is an essential upper body primal pattern for functions like carrying a jug of milk or starting a lawn mower.



Pull-ups, inverted rows, pull downs and dumbbell rows are all simple exercises that enhance these practical day to day movements.

Twist

The capacity to twist may be among the most important of all practical movements. Laying trunk rotations and gentle lower body twisting are great ways to improve twisting capacity and flexibility.

If you have a fitness-related question, please email me at fitness@SouthernFoodsAtHome.com.

Welcome To Our New Clients!

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

Sherr Blankenship; Tim & Roxanne Caldwell; Elizabeth Crosswell; Chris & Lisa Davenport; Christine Fowler; James & Marsha Godfrey; Susan Harbour; Dan & Miranda Kaplan; Marcus & Sharon King; Woody & Evelyn Long; Jonathan & Kathy Matheny; Eric & Lori Moskowitz; James Paylor Jr.; Mark & Lisa Peugh; Bill & Emily Porter; Rich Rappaport; Joel & Debbie Rosenquist; Darrell & Rebecca Saunders; Christina Schulenkloppe; Walter & Carol Settle; Bob & Diane Webster; Nathan & Katie Willis

November Reorder Special – Delicious Biscuits!

We have the perfect complement to any Thanksgiving Dinner! Our angel, bleu cheese, or sweet potato biscuits are our free gift to you. Select two as our thanks to you for your order placed during November.

Southern Foods at Home is the perfect choice for all your holiday food needs. Whether you're looking for the most scrumptious ham or turkey, or the most mouth-watering dessert, you can count on us to make this holiday season the most special one yet.

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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