



A Message From Chef Mike

Welcome to the November issue of *The Service Foods Gourmet Kitchen!* As we approach the Thanksgiving holiday, I'd like point out how much we have to give thanks for – a country that affords us unprecedented freedoms, a modern lifestyle that previous generations would have thought impossible, and the good fortune to be able to enjoy it all with those we love. How fortunate we truly are.

In that spirit, I'd like to take this opportunity to say "thank you" to you for your continued business and

support. Here at Service Foods we are truly blessed to have some of the best customers on the planet. So, on behalf of our entire team, thank you.

As for this month's business at hand, I'd like to bring to your attention just **how packed this month's issue is with all-new information and insider tips!** I encourage you to settle down in your favorite easy chair, turn off your cell phone, and enjoy. As always, if you have any thoughts, comments or feedback for me on this newsletter, or anything else, please email me at ChefMike@ServiceFoods.com. Have a great November, a wonderful Thanksgiving, and thanks again for your business.

Service Foods Recipe Of The Month - Hearty Shrimp Stew

Serves 6

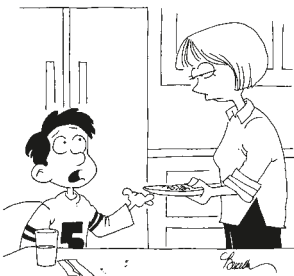
- 2 tablespoons canola oil
- ¼ cup each of onion, celery and carrots (chopped small)
- 2 – 8oz. bottles clam juice
- 1 – 28oz. can fire roasted diced tomatoes (un-drained)
- 2 packets Cajun's Choice® (or similar) Cajun shrimp seasoning
- 2 pounds Service Foods large shrimp, peeled and de-veined



1. Heat a large stock pot over med-high heat for one minute. Add the oil and vegetables and sauté for three minutes. Add the clam juice, canned tomatoes and Cajun shrimp seasoning and stir to combine.
2. Place lid on pot and reduce the heat to med-low. Simmer for 10 minutes.
3. Remove the lid and add the raw shrimp. Simmer for four minutes stirring often. Serve immediately with crusty bread and your favorite sauvignon blanc wine.

Enjoy! Chef Mike

You can watch a video demonstration of me preparing this delicious recipe at [www.ServiceFoods.com!](http://www.ServiceFoods.com)



"No dessert? Couldn't you have told me that before I ate my vegetables?"

How Often Should You Test Your Cholesterol?

Most of us know it's important to have our cholesterol tested because high levels can lead to heart attacks and strokes. But how often? According to the Mayo Clinic, adults should have their cholesterol measured every five years, starting at age 20, with more frequent tests if levels are high. Earlier testing is recommended, even for children, if they have a strong family history of heart disease.



Congratulations to October's Trivia Question Winner!

Congratulations to **Tommie Ramsey of Roswell, Georgia** for submitting the first correct answer to last month's trivia question...

Which two teams hold the record for most World Series wins?

- 1) New York Yankees, St. Louis Cardinals
- 2) Boston Red Sox, Atlanta Braves
- 3) Minnesota Twins, Baltimore Orioles

Sorry Sox fans, the correct answer was #1, the New York Yankees and St. Louis Cardinals.

Now how about you? Care to give this month's trivia question a try?



What's In Your Purse?

A recent study by researchers at the University of Arizona tested 50 purses for harmful bacteria and discovered that one in four handbags was contaminated with E. coli, the bacteria found in human and animal waste. Many more were carrying other bacteria, such as staphylococcus aureus and salmonella. Researchers advise using a disinfectant wipe daily on your purse and, when in public spaces such as restrooms, suggest hanging your bag rather than placing it on the floor. It's also a good idea to avoid putting your purse on countertops or anywhere food is prepared.

The Service Foods Spotlight!

Who's in the spotlight this month? Just our wonderful clients who referred us last month, that's who. [A heartfelt thank you to:](#)



- **Steven & Christine Forrister** of Cartersville for referring James & Theresa Knight
- **Christopher & Lynn Ertley** of Newnan for referring David & Stacy Blalock
- **Melvin & Stephanie Dandridge** of Lagrange for referring Margo Clements
- **Jeff & Valerie Bone** of Canton for referring Robert & Holly Hudson
- **Scott & Susan Kirk** of Marietta for referring Clifford & Karen Jones
- **Jason & Shannon McGahee** of Canton for referring William & Jennifer Swims
- **Phillip & Regina Scott and Mike & Lydia Petit** of Austell for referring Melvin & Jacqueline Little
- **Michael & Debra Strickland** of Canton for referring Celia Elliot

If you know someone who could benefit from our service, please let them know about us! For each referral that joins the Service Foods family, **you'll receive a \$100 credit and the free dessert of your choice on 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.ServiceFoods.com 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!

November Trivia Challenge

In honor of the upcoming holiday, let's try a Thanksgiving question this month.



In what now-named state is Plymouth Colony in?

- A) Virginia
- B) Massachusetts
- C) New Jersey
- D) Maryland

The **first** correct answer emailed to me at ChefMike@ServiceFoods.com wins an unbelievably delectable carrot layer cake, perfect for Thanksgiving Day!

November Is A Great Month To Reorder

November is one of my favorite months of the year. I love Thanksgiving – the wonderful food and the quality time with family and good friends. If you're in need of a fresh supply of our delicious and healthy food, by all means get your reorder in early so you're stocked up for the holidays! Adam has a brand new reorder special for you too! Call Adam today at 800-750-7239 ext. 300 or reorder online at www.ServiceFoods.com.





Lyle Lovett



Laura Bush



Leonardo DiCaprio



Tina Turner

November Celebrity Birthdays

Singer Lyle Lovett	Klein, TX	Nov. 1, 1957
First Lady Laura Bush	Midland, TX	Nov. 4, 1946
Actor Leonardo DiCaprio	Hollywood, CA	Nov. 11, 1974
Charles, Prince of Wales	London, England	Nov. 14, 1948
Film Director Martin Scorsese	Flushing, NY	Nov. 17, 1942
Actress Meg Ryan	Fairfield, CT	Nov. 19, 1961
Talk-show Host Larry King	Brooklyn, NY	Nov. 19, 1933
Singer Amy Grant	Augusta, GA	Nov. 25, 1960
Singer Tina Turner	Nutbush, TN	Nov. 26, 1938
Game Show Host Howie Mandel	Toronto, Canada	Nov. 29, 1955

Welcome To New Clients!

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

Carlos & Felicia Andrews, Jerry & Shar Arnold, Dave & Stacy Blalock, Mark & Gayle Brown, Tonya Carlisle, Margo Clements, Lynn & Becky Day, Andy & Holly Hudson, Ericka Hughes,

Cliff & Karen Jones, James & Theresa Knight, Melvin & Angel Little, Jeffrey & Donna Lough, Jason & Catherine Martin, Mark & De Lana Martinez, Jon & Rubi Peterson, Leja Pullin, Alvin Reynolds, Douglas & Susan Sands, Kirk & Claudia Stephens, Michael Stevens, Will & Jennifer Swims, Donnie & Leigh Wyckoff, Sr.

Thanksgiving Holiday Travel Tip

The Thanksgiving holiday brings one of the busiest air travel weeks of the year. Lately airlines have instituted stricter rules and hefty fines about what you can carry on board or check. Here are some important guidelines to keep in mind to avoid an unpleasant check in experience.

You can have one carry-on bag measuring up to 45 inches when you total its length plus width plus height. The bag can **weigh up to 40 pounds**. You are permitted to carry on one other item such as a purse, briefcase,

laptop, or small backpack. Normally, you are allowed two pieces of checked luggage that each have a combined measurement of 62 inches (length plus width plus height) and **weigh no more than 50 pounds each**. Fees for overweight checked luggage are typically \$50 for 51 to 70 pounds and \$100 for a piece weighing 71 to 100 pounds. Checking more than two bags costs \$75 for each additional piece. Remember, pack as light as possible to avoid excess fees and delays.



Better Light Bulbs

According to the EPA, if every American home replaced just one incandescent light bulb with an energy-saving compact fluorescent, it would save enough energy to light more than 3 million homes for a year. It would also prevent greenhouse gases equivalent to the emissions of over 800,000 cars.

Compact fluorescent bulbs approved by the EPA's Energy Star program use about 75% less energy than standard incandescent bulbs and provide the same amount of light. Not only do the bulbs last up to 10 times longer, you can save \$30 or more in energy costs over each bulb's lifetime. For the highest savings, use compact fluorescents where lights are on the most, such as in the family and living room, kitchen, dining room, and porch.



Foods For Your Skin

The kinds of foods you eat can have a big impact on the health of your skin. Samantha Heller, New York University Medical Center nutritionist, recommends eating plenty of fresh fruits and vegetables, particularly those that contain the powerful antioxidant lycopene. Excellent sources of lycopene include: tomatoes, guava, watermelon, and red papaya. Other foods rich in skin-healthy antioxidants are sweet potatoes, blueberries, and strawberries. Cindy Moore, director of nutrition therapy at The Cleveland Clinic, recommends whole grains, green leafy vegetables, and foods that contain omega-3 fatty acids including salmon, tuna, walnuts, and canola oil.



Mark Your Calendar

General Election Day

Nov. 6

An opportunity to let your voice be heard.

Veterans Day

Nov. 11

To honor all who have served in the military, this federal holiday is held on the anniversary of the World War I Armistice.



Thanksgiving Day

Nov. 22

Our national day of gratitude, always celebrated on the fourth Thursday of November.



◆ All New Trivia Challenge

◆ Time Saving Holiday Travel Tip

◆ Recipe Of The Month
Hearty Shrimp Stew

Inside this month's issue:

The Newsletter For Healthy Living



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