



A Message From Chef Mike

Welcome to the March edition of *The Service Foods Gourmet Kitchen!* With St. Patrick's Day almost here, you're in *LUCK* because this issue is bursting at the seams with all-new articles, tips, and trivia. Plus, we have an easy and delicious recipe for you to try out at home.

A few highlights this month include an easy weight loss strategy that anyone can use (swimsuit season isn't too far away), a feature on one of our most popular products and an important cancer prevention tip.

I always **love hearing from you**, so 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@ServiceFoods.com. Enjoy the wonderful beginning of spring and thank you so much for your business.

Service Foods Recipe Of The Month - Grilled Flat Iron Steaks With Asparagus (Plus Raspberry Sauce For Cheesecake)

Steaks and Asparagus:

- 4 Service Foods flat iron steaks
- 2 tablespoons of olive oil, divided
- Your favorite steak seasoning, to taste
- Service Foods asparagus, thawed and trimmed
- Salt and pepper to taste



1. Heat your grill on high for about 20 minutes. Rub the steaks with one tablespoon of olive oil and season to taste. Grill them on high heat for 2 minutes per side to create grill marks.
2. Lower the heat of the grill to medium-low and continue to cook the steaks until they are just done. Toss the asparagus with the remaining olive oil and salt and pepper. Add them to the grill to cook as the steaks finish.

Raspberry Sauce for Cheesecake

- 1 bottle of Andre pink champagne
- ¼ cup of sugar
- 1 bag (16 oz.) of frozen raspberries
- 1 tablespoon of fresh lemon juice



1. Combine the pink champagne and sugar in a large pot and simmer over medium-high heat until the liquid is reduced by about ¾.
2. Add the frozen raspberries and simmer for about 5 minutes. Strain the mixture and cool it in the refrigerator. Add the fresh lemon juice and stir well before serving. Spoon the sauce onto serving plates and top with Service Food's cheesecake.

You can watch a video demonstration of me preparing this delicious recipe at www.ServiceFoods.com! Enjoy! Chef Mike



"The new diet not working out too good, huh, Frank?"

Fitting In Fitness

The American Institute for Cancer Research recommends one hour a day of moderate activity and one hour a week of vigorous activity. If that seems difficult to fit into your schedule, the institute suggests breaking it down into shorter time periods. Here are a few examples:

- Take the dog for a brisk walk in the morning = 15 minutes
- Park the car at the edge of the lot and walk to the store = 5 minutes
- Take the stairs at work instead of riding the elevator = 10 minutes
- Garden or play softball with your kids after school = 30 minutes
- For vigorous activity, play tennis on the weekend or try some brisk hill walking.



Congratulations To The Winner Of Our February Trivia Question!

Congratulations to **David and Dianne Thompson of Dacula, Georgia** for submitting the first correct answer to last month's trivia question:

Celine Dion's "My Heart Will Go On" is the theme song for which 1997 blockbuster movie?

1. Men in Black
2. The Matrix
3. Fools Rush In
4. Titanic

The correct answer was "4," Titanic. Now it's your turn to try your luck at this month's trivia question!



March Trivia Challenge

OK, let's get in the St. Patrick's Day spirit with this month's challenge! Celebrated on March 17th, St. Patrick's Day commemorates what anniversary? Is it his...

- a. Birth
- b. Death
- c. Date of Sainthood
- d. Baptism

The first correct answer emailed to me at ChefMike@ServiceFoods.com wins one of our creamy New York-style cheesecakes! If you win, remember to try my delicious raspberry sauce to top it off!



The Service Foods Spotlight!

Look who's in the spotlight on this month! Thank you to our generous clients who referred us last month. You are the best!

My heartiest thanks to:

- **Charles & Brandie Rickman** of Villa Rica for referring James & Carrie Suermann
- **Donald & Leigh Wyckoff** of Snellville for referring Samuel & Janice Anglin
- **Jonathen & Mary Robinson** of Canton for referring Jeffery & Fonda Bromeland
- **Glen & Allison Stone** of Acworth for referring Rodney & Kelly Daugherty
- **Mark & Kristi Debrincat** of Ballground for referring Joel & Charlotte Flores
- **Richard & Amanda Brown** of Woodstock for referring William & Christine Jackson
- **Curt & Rebecca Howard** of Roswell for referring Gregory & Karen Parrish
- **Ronald & Santra Pickee** of Canton for referring Jonathen & Mary Robinson
- **Jody Waldroup & Ashley Price** of Jasper for referring Ashley & Kristen Stone
- **Jessie Gunnin & Crystal Humber** of White for referring Jody Waldroup & Ashley Price
- **Nicole Smith-Franco** of Oxford for referring Steven & Camille Crawford



Special appreciation to our wonderful clients who referred multiple friends. Thank you from the bottom of my heart.

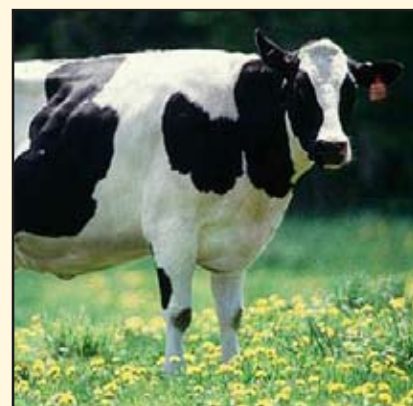
- **Michael & Vicki Wall** of Monroe for referring William Bradley, and Brian & Jackie Collins
- **Angela Moon** of Monroe for referring James & Glenda Moon, and Michael & Vicki Wall

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!

California Beef Recall Makes The News

You've probably heard about the recent beef recall, initiated in California after federal officials discovered that a meat manufacturing plant had allowed sick or crippled cattle to be processed without the required inspection. If you saw the undercover video, it was truly appalling how these animals were treated.

I hope it goes without saying, but just for the record, Service Foods never has and never will do business with companies like that. All of our beef is the highest quality available and is always USDA inspected. In fact, we have a USDA inspector that works in our facility full-time (unlike the facility in California).



Aside from the fact that our food tastes great and is nutritious, a big benefit of being a Service Foods customer is that you don't have to worry about the safety of your food. We only provide the best and will continue to do so.



Jon Bon Jovi



Carrie Underwood



Mariah Carey



Peyton Manning

March Celebrity Birthdays

Jon Bon Jovi, singer	Sayreville, NJ	March 2, 1962
Carrie Underwood, singer	Muskogee, OK,	March 10, 1983
Rupert Murdoch, media mogul	Melbourne, Australia	March 11, 1931
Michael Caine, actor	London, England	March 14, 1933
Jerry Lewis, comedian	Newark, NJ	March 16, 1926
Peyton Manning, football player	New Orleans, LA	March 24, 1976
Martin Short, comedian	Hamilton, ON, Canada	March 26, 1950
Mariah Carey, singer	Long Island, NY	March 27, 1970

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:

Taz & Lil-Punk Anglin; Scott & Suzanne Bartlett; Thomas & Barbara Beville; Jason & Haley Bilotti; Bart & K Bradley; Jeff & Fonda Bromeland; Brian & Jackie Collins; Steven & Camille Crawford, Sr.; Rod & Kelly Daugherty; Tony & Dana Davis; Joel & Charlotte Flores; Tom & Sally Francisco, III; Angela Grant; Tony & Chris Jackson, III; DJ Johnson; Jimmy & Glenda Moon; Greg & Karen Parrish; Jonathen Robinson & Mary Robinson, Jr.; Ray Rogers & Sierra Wilson; Jon & Trish Simmons; Glenn & Alison Stone; James & Carrie Suermann; Ashley & Kristen Terrette; Rodney & Kathy Thurman; Maurice Turner; Jody Waldroup & Ashley Price; Mike & Vicki Wall.

It's Time To Fire Up The Grill!

Spring fever is in the air! With the first official day of spring on March 20, it's time to break out the ol' grill and plan a get together with family and friends. And what better to offer your guests than our delicious, nutritious steaks, chops, burgers, and filets? If it's time to restock, call Adam now for details on this month's special.

Three Easy Way To Place Your Order:

1. Call Adam at **800-750-7239 ext. 300**
2. Order Online at www.ServiceFoods.com
3. Email Adam at Service@ServiceFoods.com



Simple Weight Loss Tip

According to Dr. David Katz, author of *The Way to Eat*, the **key to successful weight loss** is to eat three small meals throughout the day, interspersed with healthy mid-morning, afternoon and evening snacks. Frequent small meals help the body burn calories more efficiently and discourage overeating.

Cooking From The Core

One of the trickiest (and most important) parts of cooking is preparing your food so that it is evenly heated all the way through. Lake Industries' oil core skillet has always been one of our most popular products, because it uses ingenious technology to ensure your food comes out perfectly each time.



The skillet is designed to create a water seal between the cover and the edge of the pan, which seals in moisture and maintains consistent heat throughout. To ensure that heat is distributed evenly over the entire cooking surface, a special-grade, high-temperature oil is sealed between the layers of stainless steel that make up the skillet. The oil core will even keep your food hot after you unplug the skillet, so your family can enjoy a warm meal no matter what time they come to the table.

For more information on this wonderful product you can visit Lake Industries' website at www.lakeindustries.com or call Adam at **800-750-7239 ext. 300**

One way to do this is to take a "half-now, half-later" approach. Save half of your breakfast for a mid-morning snack. At lunch, put aside half of a sandwich for an afternoon snack. Then, at dinner, save your dessert for the evening. You'll be amazed at how spacing out six small meals a day will help you feel satisfied and avoid hunger pangs and binge eating.



Why You Should Say Yes To Blueberries

While nutrition science is finding reasons for adding berries of all kinds to your diet, a new study has found that blueberries contain a compound that can potentially prevent colon cancer. The study, a joint venture of Rutgers University and the Department of Agriculture, found pterostilbene, a potent antioxidant that is abundant in blueberries, could prevent cancer in animals. Even better, it has the potential of being developed into a preventative pill.



Antioxidants found in many fruits, vegetables and whole grains are showing potential for fighting colon cancer, the second leading cause of cancer death in the United States. Experts say that the blueberry won't cure cancer, but represents an attractive new strategy for preventing the disease.

In the study 18 rats were given a compound to induce colon cancer. Nine rats were fed a balanced diet; the other nine were also given a pterostilbene supplement. At the end of the eight-week study, the rats that were fed pterostilbene showed 57 percent fewer precancerous lesions than those fed merely a balanced diet. Researchers say the compound also reduced other risk factors for colon cancer such as inflammation and colonic cell proliferation. Other studies have found evidence that blueberries possibly prevent memory loss and heart disease.

Mark Your Calendar

Daylight Savings Time
March 9

Don't forget to change your clocks.



St. Patrick's Day
March 17

Honors the patron saint of Ireland.



Spring Equinox
March 20

The first official day of spring.



Easter Sunday
March 23

Christian festival celebrating the resurrection of Christ.



◆ **Cooking From The Core**

◆ **Simple Weight Loss Tip**

◆ **Service Foods Recipe Of The Month**
- Grilled Flat Iron Steak With Asparagus

Inside this month's issue:

The Newsletter For Healthy Living



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4355 International Blvd
Norcross GA, 30093

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