



A Message From Chef Mike

Welcome to the May edition of *The Service Foods Gourmet Kitchen*! This month I've got a recipe that you're truly going to love – a gorgonzola hamburger with grilled Vidalia onion. This is what I call a “**fence leaner**”. When you're cooking this, the

and bullion is irresistible. All the neighbors lean over the fence and say, “Hey, watcha grilling?” Better make a few extras because you might pick up a few guests. You'll see.

Then, we've got a special interview for you. We're always talking about how much healthier our food is, but would you like to

hear what a professional dietician has to say? We sat down to talk with Dana Yarn, who by the way is such a big fan of our food, she's also a client.

Finally, I want to wish all the moms a very happy Mother's Day. Anybody can *take* mom to dinner, so why not do something really special for your mom this Mother's Day and *make* her dinner? You'll avoid the long restaurant waits, and she'll appreciate it even more because it came from YOU.

Thanks for all your emails last month. I always love hearing from you. 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**. Have a great May and thank you so much for your business.

Service Foods Recipe Of The Month - Gorgonzola Burger With Grilled Vidalia Onion

Per Burger

- ¼ pound ground beef
- 1 tablespoon crumbled gorgonzola cheese
- 1 teaspoon Worcestershire sauce
- 1 teaspoon fresh chopped rosemary

1. Combine all of the ingredients in a large bowl except for the cheese. Roll the ground beef into a ball and insert your thumb to make an indentation half way through. Place the cheese in the hole and form the beef around the cheese. Flatten to a burger.
2. Place on pre-heated grill over medium heat. Grill until well done. Serve on toasted bun with your favorite fixings.

Per Vidalia Onion

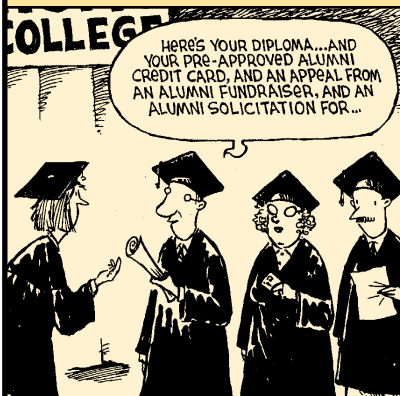
- 1 Vidalia onion
- 1 tablespoon butter
- Worcestershire sauce
- 1 beef bullion cube
- ½ teaspoon dry mint leaf
- 2 square sheets aluminum foil

1. Core out the middle of the onion and remove skin. The hole should be 1½ inches wide and should not go all of the way through.



2. Place the butter in the bottom of the hole. Add the bouillon cube and fill up the hole with the Worcestershire sauce. Sprinkle the top with the mint leaf and wrap in the foil. Be careful to keep the onions in the upright position.
3. Place on hot grill over medium high heat. Cook for 45 minutes to one hour before grilling your meat. Remove from foil and enjoy!

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



The Lowdown On Energy Bars

Energy bars may seem like a healthy alternative to candy bars, but many nutritional experts say that some brands - particularly the ones with chocolate - are very high in calories. In fact, some “nutritional bars” have as much or more sugar and fat as a standard sized chocolate bar. To make a better choice, compare calories and opt for a lower calorie bar with **less than two grams of saturated fat and at least three grams of fiber.**



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:

James Austin, Jr.; Chris & Crystal Bryant; Norma Clarke; Ray & Kim Fitzsimons, Jr.; Sam & Fran Hill; Nathan Huey; James & Kelli Jeong; Ryland & Sandra Long, III; To & GG Overton; Craig & Gracie Terrett; Bob & Tara Vanorder; Charlie & Sandy Vecchio; James Walker; Ronnie & Pat Wehunt; Grant & Kelli Williams.

Memorial Day Grilling At It's Finest!

Memorial Day is considered to be the unofficial start of summer. Many will head to the lake or beach, or just get together with friends for a barbeque and good conversation. If your holiday plans include cooking out, by all means make sure you bring the good stuff – beef, chicken, poultry, and seafood from Service Foods. You'll impress your guests when they taste the difference! Please get your reorder in early, to allow plenty of time for delivery before the holiday. Make sure and ask Adam what his specials are this month!

Three Easy Ways To Order:

1. Call Adam at **800-750-7239** or **770-448-5300 x115**
2. Order Online at **www.ServiceFoods.com**
3. Email Adam at **Service@ServiceFoods.com**

Thousands Of Reasons To Buckle Up

15,383: the estimated number of lives saved in the U.S. by the use of seatbelts in 2006.

-From the National Highway Traffic Safety Administration

New Phone System Upgrade To Better Serve You

We recently invested in a new phone system to provide you with better service. The upgrade has meant that some of our phone numbers have changed.

Our main call-in number remains **770-448-5300**, but the reorder and delivery departments have new numbers. Please make a note of the changes in case you need to get in touch with Adam Zeisel in reorders or Mike Partain in delivery. Of course, you can also connect to Adam and Mike through our main call-in number. Adam's new extension is 115 and Mike's is 123.

New Service Foods Phone Numbers

- **Reorders: Adam Zeisel** **800-750-7239 or 770-279-4730**
- **Delivery: Mike Partain** **770-279-4755**

Service Foods Client Profile – Building a Healthy Lifestyle With Dana Yarn

When it comes to eating healthy and choosing the right foods, Dana Yarn is an expert. Though a new Service Foods client, she has quickly become one of our biggest fans, and is continually referring new customers. That's because Dana knows good, nutritious food when she sees it; she is a **registered dietician and nutrition coach** with Life Time Fitness in Lawrenceville, GA.



Dana had a romantic introduction to Service Foods a few months back. After one of her clients referred her to the service, Dana and her husband, Ben, enjoyed their first Service Foods dinner together on Valentine's Day. They quickly fell in love with the service and have been using it ever since.

"For me, there are two huge benefits to using Service Foods," Dana says. "The health aspects are great, of course. Being a dietician, I was so turned on by the idea of fresh, uncontaminated meat." With all the current talk about unsafe beef, Dana loves knowing that she can trust the hormone-free meat that Service Foods delivers to her. "The other big benefit is the convenience," she says. "I have a busy schedule, and **having the food delivered, ready to go is such a big help to me.**"

Working cooking and shopping time into a busy schedule can be difficult for everyone, and for Dana it is especially tricky. She has worked with Life Time Fitness since October (she previously worked as a fitness director at Chateau Elan), and her schedule is packed with one-on-one consultations and nutrition coaching, fitness classes, and personal training.

Over the past several months, Dana has referred many of her clients to Service Foods. "I always emphasize the convenience," she says. "One of the main complaints I hear from my clients is that they just don't have the time to cook and shop for food with a healthy mindset. Service Foods is a great solution."

If you'd like to share your Service Foods story with us, feel free to e-mail it to **ChefMike@ServiceFoods.com**. You could be featured in an upcoming newsletter!

Why You Should Bag The Big Bags

The American Chiropractic Association says that the giant handbag trend is causing a number of women to develop neck and shoulder pain, as well as headaches.

Many large fashionable bags can easily hold 10 to 15 pounds, but the ACA says handbags should weigh no more than one to two pounds fully loaded.





Randy Travis



Emmitt Smith



Drew Carey



Colin Ferrell

May Celebrity Birthdays

Randy Travis, singer	Marshville, NC	May 4, 1959
Willie Mays, baseball hall of famer	Westfield, AL	May 6, 1931
Bobby Labonte, race car driver	Corpus Christi, TX	May 8, 1964
Yogi Berra, baseball hall of famer	St. Louis, MO	May 12, 1925
Stephen Colbert, comedian	Charlestown, SC	May 13, 1964
Emmitt Smith, former football player	Pensacola, FL	May 15, 1969
Al Franken, comedian	New York, NY	May 21, 1951
Drew Carey, actor/game show host	Cleveland, OH	May 23, 1961
Brian Urlacher, football player	Lovington, NM	May 25, 1978
Henry Kissinger, former Secretary of State	Fuerth, Germany	May 27, 1923
Gladys Knight, singer	Atlanta, GA	May 28, 1944
Colin Farrell, actor	Dublin, Ireland	May 31, 1976

Congratulations To The Winner Of Our April Trivia Question!

Congratulations to **Rochelle Clark of Cumming, Georgia** for submitting the first correct answer to last month's "gem" of a trivia question:

Which of the following is April's birthstone?

- a. Peridot
- b. Garnet
- c. Amethyst
- d. Ruby
- e. Diamond



The correct answer was "e", diamond! Rochelle won one of our legendary Key Lime Pies. Now it's your turn to match your wits in this month's trivia question!

May Trivia Challenge

Which holiday was made official on May 9th, 1914?

- a. Arbor Day
- b. Groundhog Day
- c. Mother's Day
- d. Father's Day
- e. Mardi Gras



The first correct answer emailed to me at **ChefMike@ServiceFoods.com** wins one of our creamy **French Silk Pies!**

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:**

Melvin & Martel Moon of Winder for referring James Austin, Jr; **William & Dawn Walker** of Snellville for referring Norma Clarke; **Matthew & Lisa Butler** of Kennesaw for referring Sam & Fran Hill; **Clinton & Lorraine Wade** of Newnan for referring Trace & Virginia Overton; **Scott & Suzanne Bartlett** of Johns Creek for referring Craig & Gracie Terrett; **Erik & Carolann Boulter** of Cartersville for referring Bob & Tara Vanorder; **Gregory & Karen Parrish** of Cumming for referring Ronnie & Pat Wehunt; **Trace & Virginia Overton** of Newnan for referring Grant & Kelli Williams.

Special appreciation to **Mark & Kristi Debrincat** of Ball Ground for referring Charlie & Sandy Vecchio and for your numerous referrals over the last several months. **Thank you from the bottom of my heart.**

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!

Another Reason To Eat Right And Get Active!

Life expectancy has hit a new high of almost 78 years.

-From the Centers for Disease Control

Mark Your Calendar

Mother's Day, May 11

According to the U.S. Census Bureau, there are 82.5 million mothers in the United States, with 4 million women giving birth each year. Most American women will have two children in their lifetime compared to 17th century women who had an average of 13 children.



Memorial Day, May 26

To honor those who have died in battle. Also known as Decoration Day, because of the tradition of decorating the graves of service people.



When It Comes To Sunglasses, Color Matters

Does it matter what color the lenses of your sunglasses are as long as they have the UV protection tag on them? According to Ladies' Home Journal Health Journal, it does. Columbia University professor of ophthalmology Janet Sparrow says, "The blue light spectrum in sunlight is particularly dangerous." This is because it can create free radicals, unstable oxygen molecules that may precipitate macular degeneration, the most common cause of vision impairment in the United States. That's why you should avoid sunglasses that have blue-tinted lenses - they don't filter out any blue light. A better choice, according to LHJ, is yellow or amber tints for your lenses because they are more effective at reducing the amount of blue light that might reach your eyes. Dark tinted glasses will reduce your overall exposure to all wavelengths of light. Also choose glasses that protect against both UVA and UVB rays.



Simple Way To Prepare Broccoli On The Grill

It's a great addition to a deck party or grilling outside at a picnic. In her book *Super Natural Cooking* (Celestial Arts, \$20), author Heidi Swanson says here's how to do broccoli on the grill. The first step is cutting each head of broccoli into crosswise sections about as thin as a pencil. Then add a little olive oil. Cook in a metal basket with the grill covered for five minutes or less. Drizzle with more olive oil and add a squeeze of lemon juice and ground flaxseeds.

◆ Client Profile: Dana Yarn

◆ The Lowdown On Energy Bars

◆ Recipe Of The Month
Gorgonzola Burger With Grilled Vidalia Onion

Inside this month's issue:

The Newsletter For Healthy Living



Service Foods
4355 International Blvd
Norcross GA, 30093

Presorted
First Class
US Postage
PAID
Rome, GA
Permit No. 79