



A Message From Chef Mike

Down, set, hut! September is here and with it comes a new season of college and professional football. If you'll be tailgating before the big game, remember to bring along your Service Foods steaks, hamburgers, and chicken breasts. Unlike others, they can be

cooked from frozen, so they'll be ready to go when you are.

This month, I have a special recipe for you – my dad, "Red's", famous spaghetti sauce. It's terrific. My dad loved to cook and I can remember as a kid spending time with him in the kitchen as he prepared truly wonderful meals. In fact, that's where I got my love for cooking. I hope you enjoy it as much as I do.

Finally, I'd like to welcome the newest member of our faculty, Kim Kantor, to the team. Kim is a national champion fitness expert, and she'll be providing us with important exercise and weight loss instruction, commentary, and advice. Along with Dana Yarn's nutrition tips, you're really getting first-class health information.

As always, 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 September, and thank you so much for your business.



Sergeant Eugene ("Red") Monahan served in the pacific theater during WWII.

Service Foods Recipe Of The Month - "Red's" Spaghetti Sauce

Serves 6

- 3 lbs. ground beef
- 4 tbs. olive oil, separated
- 8 oz. sliced mushrooms
- 1 onion, diced medium
- 3-4 cloves minced garlic
- 3 cans tomato sauce, 15oz. ea.
- 1 can diced fire roasted tomatoes, 15oz.
- 2 tbs. fresh rosemary, chopped fine
- 2 tbs. fresh oregano, chopped fine
- 1 tbs. fresh thyme, pulled from stems
- ½ bunch fresh parsley, chopped fine
- 1 cup red wine, plus a glass for the chef
- 1 tbs. sugar

1. Heat a large stock pot over medium high heat for one minute. Add the ground beef and brown. Remove the beef to a colander and let drain. Add two tablespoons oil to the same pot and add the mushrooms. Sauté until browned and water from the mushrooms has evaporated. Remove from pot and add to the colander with the cooked ground meat.
2. In the same pot add two tablespoons oil and the onion. Sauté the onions for three minutes. Add the garlic and

sauté for 30 seconds (do not burn the garlic). Add the last eight ingredients (from the tomato sauce to the sugar). Bring to a simmer and reduce heat to low. Place the lid on the pot so a quarter of the pot is open to release steam. Continue to simmer, stirring every 10 minutes for one hour.



This sauce is great over pasta for sure, but make extra. It is also wonderful for lasagna, manicotti, and stuffed shells!

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

Enjoy! Chef Mike

Healthy Aging Month

September has been appointed Healthy Aging Month, part of the Healthy Aging Campaign to focus national attention on the positive aspects of growing older. The Healthy Aging website at www.healthyaging.net provides inspiration and information to adults ages 50 and up on improving their physical, mental, social, and financial fitness.



Winner Of Our August Trivia Question!

Congratulations to **Barbara Stacey of Peachtree City, Georgia** for submitting the first correct answer to last month's trivia puzzler: The month of "August" was named after:

- a. Saint Augustine
- b. Augustus Caesar
- c. The adjective "august", meaning grandeur, because it was believed to be the grandest month.
- d. The word "auger", meaning a hole digging tool, because ancient farmers dug for next season at this time.

The correct answer was "b", Augustus Caesar! Barbara wins one of our yummy chocolate fudge cakes! Now, how about you? Are you ready to take on the Service Foods Trivia Challenge?

September Trivia Challenge

In honor of football season starting, let's see if you can "tackle" a little NFL trivia:

I was the first to catch 20+ touchdowns in a season, and I did this in only 12 games in the 1987 season. It wasn't too difficult, as on the other end of the ball were Joe Montana and Steve Young. Who am I?

- a. Mike Young
- b. Roger Craig
- c. Jerry Rice
- d. Dwight Clark
- e. Hockey



The **first** correct answer emailed to me at **ChefMike@ServiceFoods.com** wins one of our country apple pies – the perfect dessert to enjoy while watching the big game!

Welcome To New Clients!

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

Shirley Barlow; Pierre & El Basson; Joel & Lana Boyd; Allen & Drena Carter; Harry & Yvonne Crist, II; Jack Daniel; Jim & Shannon Darke; Michael & Cindy Dowis; Shelby & Elizabeth Dozier, Jr; Dave & Raquel Durden; Regie & Carole Elkins; Chris & Stacey Folsom; Jon & Motsy Hoover; Mike & Crystal Jackman; Paul & Misty Jackson, Jr; Hugh & Janie Jones; Chad & Stacey Kitchens; Chasity Manning; Poppy & Nannie Martin; Lynn Morgan; Lynne Moss; Tracy Roundtree; Matthew & Lynn Steed; Jim & Irene Stout; Larry & Linda Towns; Rick & Petti Waggoner; Brian & Dawn White; Zelphyr White; Ann Wright; Dave & Heather Wright

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:**



- Gregory & Karen Parrish of Cumming for referring Tracy Harrison
- Clinton & Lorraine Wade of Newnan for referring Rick & Petti Waggoner
- Kenneth & Cari Kilgore of Woodstock for referring David & Drena Carter
- Zelphyr White of Douglasville for referring Shelby & Elizabeth Dozier, Jr.
- Judith Bennett of Rex for referring Reginald & Carole Elkins
- Stephen & Patti Adams of Cumming for referring Jonathan & Margaret Hoover
- Jason & Shannon McGahee of Canton for referring Michael & Crystal Jackman
- Chadwick & Stacey Kitchens of Social Circle for referring Raymond & Misty Jackson
- Jarred & Jamie Harris of Social Circle for referring Chadwick & Stacey Kitchens
- Kenneth & Cari Kilgore of Woodstock for referring James & Irene Stout
- Bryan & Billi Jo Wright of Canton for referring Brian & Dawn White
- Amy Guest of Marietta for referring Harry & Yvonne Crist, II
- Henry & Tanya Hampton II of Lithonia for referring Lynne Moss **AND** Zelphyr White

TWO REFRRALS!

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!



What Our Customers Are Saying

Dear Leslie,

Service Foods has changed how we live and improved my family's health. I never realized how much of a difference it would make to eat fresh, unaltered foods! Two of my family members have trouble maintaining a proper hormone balance, but after a month of Service Foods' meats, those hormone levels became easier to maintain and the doctor even saw the impact in our test results. Without the addition of antibiotics and hormones in the foods our bodies were able to strike a more natural balance and keep us on an even keel.



Perhaps that is due to the healthier meats from Service Foods, or maybe it is due to the fact that we eat home more and love the taste of the food better. Whatever the reason, please keep it up!

Each and every time we go to a pot luck among our friends, they ask me to bring the main course – Service Foods!

The recent storms in Cherokee County were disastrous and did damage to our home. After taking stock of the immediate needs I realized that we would be without power for a few days. I had a brief moment of "oh, no!" but then I remembered the guarantee from Service that my food would be replaced. I waited until the power returned 36 hours later and opened my fabulous commercial freezer. What a sight! Not a single thing had thawed and my dinner was still waiting on me! I guess it'll take way more than an F1 storm to test that guarantee. Thanks Service Foods - for the peace of mind during the crisis and the great product!

The recent delivery went off swimmingly, and I'm always excited to see the next order of meats ready and waiting for me. It was awesome to see you at the Home School Expo - I hope the contacts turn into great customers.

With laughter,

Scarlett

Meal Planning Made Easy - Dana Yarn, RDL

One question that undoubtedly comes up on a daily basis with most families is: “What’s for dinner?” I know you have commitments and responsibilities and don’t have a lot of time to devote to planning your meals. Half of the battle is coming up with a plan ahead of time. To help, I want to share my system with you that will minimize your cooking time while allowing you to avoid convenience foods that have little nutritional value.

Before I let you in on my secrets, I need to point out one important thing: Of all of the daily commitments you make each day, perhaps the most significant is the one you make to yourself - to eat right and stay active. These food preparation strategies will help make honoring that commitment effortless!

- 1. Plan out the week:** Write out all of your family’s activities for the week on a calendar and plan your menu around each activity. This way, you will avoid the frustration of having to come up with dinner ideas every evening.
- 2. Thaw out your protein item:** Go out to your freezer in the morning and take out the beef, chicken, pork, or fish that you plan on eating that evening. Thawed meat will make the entire cooking process much easier.

- 3. Pre-cook your meals:** I personally find this to be a big time-saver. For me, Sundays are a good day to set aside an hour for batch cooking. You can grill or bake chicken breasts, fish, lean steaks, etc. for the week and incorporate into a variety of meals. For example, chicken breasts can be served for dinner one evening, added to a salad to make a healthy grilled chicken salad for lunch, or used to make a delicious sandwich.



Remember, protein should be incorporated into every meal, and warming up pre-cooked chicken or beef in a pan or microwave makes cooking a snap! While you are grilling or baking your protein, multi-task: Bake potatoes, steam rice, and wash and chop your fruits and vegetables. Devote one hour to pre-cooking per week, and you will save time, and eat healthier.

- 4. Gear up with containers:** Meal-sized containers keep things organized. You can fill up the container with a pre-cooked stir fry, soup, or last night’s leftovers. You will have a great meal, ready to go, for work the next day.

Employment Opportunities Available!

Do you know a talented person who’d be a good fit on our winning team? If so, we’d like to talk to them. We currently have an opening on our sales team and we’re looking for an “A” player who will represent our company and top-notch products with enthusiasm and professionalism. Even better, we will pay you a referral “bounty” for your employment referrals.

Who has been successful at Service Foods? Recent graduates, former military personnel, Realtors®, mortgage brokers, loan officers, and insurance professionals have all found a happy home with us.

If you have someone in mind that you would like to recommend, please go to: www.ServiceFoods.com/recommend and let us know about them. **You will receive a \$500 credit on your next**

reorder for each person you refer to our company who is hired and maintains a 90 day minimum employment duration. You can recommend as many people as you like! Running “help wanted” ads costs a lot of money; we’d rather pay the money to you! So go ahead and let us know about your talented friends who are interested in a great opportunity.



Meet Our Newest Faculty Member

We’re proud to announce that Kim Kantor is joining our team as a fitness consultant. Kim brings a lifetime of health and fitness experience to share with us and in coming months she will be posting fitness-related articles and videos on our website.

As a child, Kim excelled in gymnastics and as she grew so did her passion for fitness. After winning the Georgia state championship in gymnastics, she became a member of the cheerleading squad in high school, which won the 1998 AAAA Georgia state championship. Kim also ran track, cross-country, and pole vaulted.

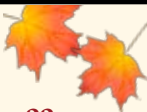
After high school, Kim attended the University of Tennessee where she graduated a year early so she could start her own My Gym Children’s Fitness center. She served as the director

at My Gym for five years, helping young children learn healthy habits and have fun playing active games. While at My Gym she also competed in the Ms. Fitness USA competitions. She won multiple regional fitness competitions including Ms. Fitness Texas, Ms. Fitness Mile High, and Ms. Fitness Southeast, and placed in the top 10 in national competition three years in a row.



Currently, she is a personal trainer helping adults as well as children reach their fitness goals. If you have a fitness or weight loss related question, you can contact Kim at fitness@ServiceFoods.com.

Mark Your Calendar



First Day of Autumn, September 22

Autumn begins in the northern hemisphere with the autumnal equinox at 11.44 a.m. EDT.

Are You Ready For Some Football?

It's time to "kick off" the new football season! Are you ready for game day? If you've got family members with linebacker-sized appetites to feed, it's time to load up on a new supply of our restaurant-quality food. Adam is standing by, ready to be of assistance, so go ahead and get in touch with him today! Or, place your order online via our convenient website.

Three Easy Way To Place Your Order:

1. Call Adam at 800-750-7239 or 770-279-4730
2. Order Online at www.ServiceFoods.com
3. Email Adam at Service@ServiceFoods.com

Plugge Family And Service Foods Support Down Syndrome Assoc.

Russ and Cara Plugge have always been concerned about hormones and steroids in their food. Once their two sons, six year old Luke and five year old Cole, who has Down Syndrome, started to grow up, their concerns grew with them. Having a child with Down Syndrome added not only to their need to have a healthful diet free from chemicals, dyes, and antibiotics but also to their need for convenience - managing a life with two very active little boys certainly takes time and energy.



The Plugges were introduced to Service Foods through a charity golf tournament last year. The tournament, a fundraiser for the **Down Syndrome Association of Atlanta (DSAA)**, is an annual event now ongoing for 10 years. The DSAA is an organization which promotes both education and awareness about Down Syndrome and provides much needed support for those families affected by the genetic disorder. Russ Plugge is the chair of the tournament and Service Foods has been a sponsor for years.

After last year's tournament, the Plugge's went home with a sample from Service Foods. They loved the food, and decided to set up an appointment to take a look at the service. Like many, the Plugge's saw the benefit right away and decided to move forward. They are now getting ready to place their third order and have considerable peace of mind knowing their food is guaranteed to be safer for their family. Plus, finding breaded chicken tenders that their two little boys, who can be picky eaters, love is a feat in and of itself. To learn more about the DSAA, please visit www.atlantadsaa.org.



- ◆ Meet Our Newest Faculty Member
 - ◆ Meal Planning Made Easy
 - ◆ "Red's" Spaghetti Sauce
 - ◆ Recipe Of The Month -
- Inside this month's issue:

The Newsletter For Healthy Living



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