



## A Message From Chef Mike

Welcome to the November issue of *The Service Foods Gourmet Kitchen*. With Thanksgiving around the corner, I'd like to take a moment to express my gratitude to everyone associated with Service Foods.

That certainly includes our loyal customers, many of whom have been with us for five, ten, even fifteen years. And, of course, it also includes the talented, wonderful team we have here, who work so hard to provide you with the service you deserve. Thank you one and all for everything you do.

I would also like to point out that on November 11th, we

honor the men and women who have defended us, including veterans of the Korean War, Vietnam War, and particularly our most recent group of veterans, those who served in Afghanistan and Iraq.

Certainly, we can all give thanks for these brave men and women, who put their lives on the line to preserve our freedom. They have strengthened our country with their sacrifices and contributions, many of which were beyond duty's call. On behalf of everyone here at Service Foods, thank you.

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](mailto:ChefMike@ServiceFoods.com). Have a joyous and safe Thanksgiving, and thank you for your business. You are most definitely appreciated.

## Service Foods Recipe Of The Month - Smoked Turkey And Homemade Cranberry Sauce

- Smoker
- Thawed turkey, cleaned and rinsed
- Salt and pepper, to taste
- Hickory chips, soaked in water for one hour
- 1 gallon boiling water
- 1 onion, sliced
- 2 tablespoons soy sauce
- 2 tablespoons of your favorite seasonings

1. Set the burner on the bottom of your smoker on high. Season well-cleaned turkey to taste with salt and pepper.
2. Place water pan in smoker and add the boiling water. Add the onion, soy sauce, and seasonings.

### For Cranberry Sauce

- 12 oz. fresh cranberries
- 1 cup water
- 1 cup sugar
- 1 tablespoon orange zest
- ¼ cup fresh orange juice



1. Bring water and sugar to a boil, stirring until sugar is dissolved. Add cranberries and orange zest. Reduce heat and simmer 10-15 minutes.

3. Arrange the hickory chips on the burner (or hot coals if your smoker is not electric). Set the mid section of the smoker on the bottom pan that holds the wood chips. Lay turkey on the top rack and place lid on top of smoker.



4. Cook until smoke stops coming out of smoker (about one hour). Open side door of smoker and add 5-6 pieces of soaked hickory. Let the smoker slowly cook your turkey for 3-5 hours (depending on the size of your turkey and the amount of heat your smoker generates). Use an instant read meat thermometer to check for doneness (160 degrees).

2. Stir in the fresh orange juice and transfer to a bowl. Let cranberry sauce cool to room temperature before placing in the refrigerator.

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

Enjoy! Chef Mike

## 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:

- **William & Lori Mitchell** of Cartersville for referring Ju Donn & Tresslyn Adams
- **Anthony & Notoya McIntosh, Sr.** of Lithonia for referring Meive Bain-Phillip
- **Rodreques & Joan Edmond** of McDonough for referring Otiz & Aliza Griffin
- **Raymond & Misty Jackson, Jr.** of Covington for referring David & Denise Schneiders
- **Robert & Brenda Sanders, Sr.** of Lawrenceville for referring Donnie & Sharon Musgrove, Sr. **TWO REFERRALS!**
- **Robert & Brenda Sanders, Sr.** of Lawrenceville AND Donnie & Sharon Musgrove, Sr. of Lilburn for referring Bryan & Suzanna Musgrove
- **Ronnie & Kimberly Hendricks** of Woodland for referring Timothy & Kristi Bosworth
- **Travis Jones** of Stone Mountain for referring Floyd & Shenica Gresham **TWO REFERRALS!**
- **Tracy Roundtree** of Atlanta for referring Gaylon & Michelle Willis AND Garland & Karen Smith

- **Christophe & Monique Laguerre** of Riverdale for referring Lekeisha Nelson **TWO REFERRALS!**
- **Gaylon & Michelle Willis** of Atlanta for referring Stephen & Sherrie Sessa AND Christophe & Monique Laguerre
- **Christopher & Traci Swann** of Snellville for referring Charles & Jennifer Ammons, Jr.
- **Hugh & Janie Jones** of Snellville for referring Brenda Kenner
- **Amanda Burton** of Hiram for referring Michael Wynn
- **Kisha Wesley** of Stockbridge for referring James & Nicole Mathis



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](http://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!

## Congratulations To The Winner Of Our October Trivia Question!

Congratulations to **Stacey Rivers of Oxford, Georgia** for submitting the first correct answer to last month's trivia puzzler: Who was the serial killer in the film "Halloween"?

- Jason Priestly
- Michael Myers
- Dana Carvey
- Wayne Campbell
- John Wayne Gacey



The correct answer was "b," **Michael Myers!** Stacey wins a caramel fudge pecan pie! Now, how about you? Are you ready to take on the Service Foods Trivia Challenge?

## November Trivia Challenge

With Thanksgiving almost here, let's test your holiday knowledge. Which president moved Thanksgiving to the third Thursday of November in order to lengthen the holiday shopping season?

- Ronald Reagan
- Woodrow Wilson
- Franklin Roosevelt
- Lyndon Johnson



The first correct answer emailed to me at [ChefMike@ServiceFoods.com](mailto:ChefMike@ServiceFoods.com) wins a delectable pecan pie!

## Doing Our Part



You've no doubt heard a lot of talk lately about how the economy is in trouble. Some have even said the days of American world prominence are over, that our best is behind us.

Here at Service Foods we're not buying into that for a minute. We believe, as we always have, that America is the greatest country on earth. Yes, economically we may have stumbled, but that's all it is. A minor, temporary setback. The resilience of our economy and our citizens is second to none.

We want you to know that we're doing our part to help our local and national economies. Our gourmet products are sourced right here in America. Our growth and employment, all right here in the good ol' U.S.A.

As far as the future, we're not holding back. In fact, we're growing and expanding. We just consummated a large purchase of new equipment for our Greensboro

facility – a testament to our faith in what the future holds. We're hiring more people; you may have seen our employment ads running in this very same newsletter (and by the way, if you know of talented people who would like to join our winning team, we will even compensate you for the referral. Go to [www.ServiceFoods.com/recommend](http://www.ServiceFoods.com/recommend) for more information).

And we're proud to announce that we were recently named to the *Inc. 5000 list of the fastest-growing private companies in America, number 23 overall in the food and beverage category.* We believe in our employees, our products, our customers, and our country. Our success is because of good friends like you and we will continue to work on your behalf providing the finest beef, chicken, pork, seafood, and other wholesome, nutritious food to the southeast and beyond.



## In Our Customer's Words...

Dear Chef Mike,

Your tomato sauce family recipe you printed in your last month's newsletter was fantastic. I am known as the spaghetti sauce queen around this house. Now I have a new and favorite one!

With your lean ground beef it was especially delicious. Thanks!

Dottie Mooney



## Keeping It Fresh – Avoiding Boredom In The Gym - *Kim Kantor, Ms. Fitness Southeast*

Many people start a workout program with the best of intentions, only to “fall off the wagon” a few months later. One of the most common reasons for this is simple boredom. I’ll admit doing the same workout routine week after week can be a little monotonous. So if your workout is a little dull, and you find yourself dreading the gym, try switching things up!

There are many ways to modify your workout routine. You can increase or decrease the repetitions or sets of resistance training exercises you’re doing. If you are splitting up your routine into upper and lower body workouts, try splitting them into pushing (chest/triceps) and pulling (back/biceps) exercises. Or you could liven things up with anterior (chest/quads/biceps) and posterior (hamstring/back/triceps) workouts.

Of course, completely new and different routines will keep things fresh and interesting. You could try band resistance, plyometrics, aerobic classes, or interval training.



Remember to change your cardiovascular training as well. Instead of walking on a treadmill, try cycling or swimming. If you normally take classes, try an elliptical machine or stair stepper to slow things down a little. When you are reinventing your workouts, the most important thing is to be creative, diverse, and have fun!

I love hearing from you! If you have a fitness-related question, visit my web page at [www.servicefoods.com/fitness](http://www.servicefoods.com/fitness). Have a healthy day!

## Eating Right On Thanksgiving - *Dana Yarn, RDL*

Thanksgiving is a special meal, so feel free to indulge yourself and even overeat. No one can eat perfectly all the time, and what better time to enjoy yourself fully than Thanksgiving. If, however, you’re going to treat yourself, be smart about it. Whenever possible use wholesome ingredients, rather than canned, boxed, or processed items. And substitute healthy ingredients for items that are not good for you.

Cranberries are a traditional side dish that can be made from scratch with ease. Rather than using canned cranberries that are packed with preservatives, pick up a bag of fresh cranberries. Boil them down with lemon juice, orange juice and raw sugar, and you will love this all natural, sweet alternative (see Chef Mike’s great fresh cranberry sauce recipe).

Your family deserves the best, so why go with boxed stuffing when it’s easy to prepare stuffing from scratch. Start out by boiling fresh vegetables in low sodium chicken stock, add cubed whole wheat or multi-grain bread, throw in chicken or turkey sausage and bake in the oven.

Mashed potatoes have a reputation for being a “gut buster.” You

can alter them, making them more healthful, without anyone tasting the difference. First, throw in fresh herbs, such as chives, for color. Rather than loading up the potatoes with butter, use a combination of reduced fat milk and buttermilk. Sweet potato casserole or candied yams are also another favorite side dish. Try a nutritious sweet potato soufflé instead. Boil, peel, and whip sweet potatoes with egg whites, cinnamon, and nutmeg. Fold in heart-healthy roasted pecans or walnuts and bake the soufflé in the oven. Once you taste this delicious side dish you will forget about the marshmallow topped candied yams.

So enjoy yourself this Thanksgiving and don’t worry about counting calories or watching your portion size. A few well-selected ingredients will turn your feast into a fresh and healthy meal that everyone will love and remember.

**To watch a video of me preparing some of my favorite Thanksgiving side dishes, check out my blog at <http://eating-right.servicefoods.com>.**

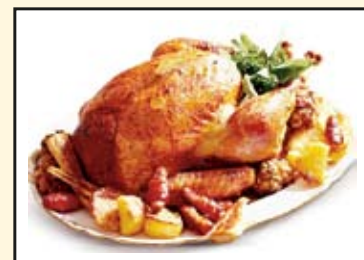


## Please Enjoy This Turkey With Our Compliments!

Turkey, of course, is the main course at Thanksgiving meals in 90 percent of U.S. households. There’s turkey and then there is TURKEY! Service Foods has the most delicious, moist, and flavorful turkey available. The difference between ours and theirs? Our birds are all natural, premium hens raised by Raeford House Farms. These beautiful birds are never injected with artificial flavorings, preservatives, saline, or any other chemicals. It’s truly a difference you can taste.

Our November recipe of the month is smoked turkey. I can’t think of a better meal to enjoy at Thanksgiving than one of our scrumptious turkeys, slow-smoked to perfection. If it’s time to reorder, why not call Adam and ask him to

include a Service Foods turkey with your order? Your family and your guests will LOVE your Thanksgiving meal.



### **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](http://www.ServiceFoods.com)**
- 3. Email Adam at [Service@ServiceFoods.com](mailto:Service@ServiceFoods.com)**



## Picking Up Potassium

More than 65 million adults in America have high blood pressure, putting them at risk of heart attack, stroke, and kidney failure. According to the National Institutes of Health, one of the risk factors for high blood pressure is not consuming enough potassium. To maintain an adequate level, the American Heart Association suggests eating these potassium-rich foods:

- **Dried Fruits:** Raisins, prunes, apricots, and dates
- **Fresh Fruits:** Bananas, strawberries, watermelon, and cantaloupe
- **Fresh Vegetables:** Beets, greens, peas, tomatoes, and mushrooms
- **Lean Meat:** Turkey, fish, and beef
- **Fresh Juices:** Orange, grapefruit, prune, and apricot



## Mark Your Calendar

### Marine Corp. Birthday, Nov. 10

Commemorates the Marine Corps' establishment in 1775. Formerly, it was part of the U.S. Navy.



### Veterans Day, Nov. 11

Honoring all who have served in the military. By Presidential Proclamation since 1926.



### Thanksgiving Day, Nov. 27

A day for family gatherings and showing gratitude for the good things in one's life.



## 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: David & Kristi Casey; Rod & Joann Edmond; Carlos & Robin Figueroa; William & Julie Gillespie, Jr.;

Jimmy & Ke Gwinn; Eddie & Judy Hoyt; Jeff & Yvette Raum, Sr.; Jennifer Ryder; Larry & Jacqueline Simmons; Dave & Gale Smith; Chris & Dianne Swann; J.C. Yasseer & Tara Frix-Yasseer.

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*The Newsletter For Healthy Living*



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