



**A Bi-Weekly Letter For SONOCO Professionals Working in the Gulf**

**April 30, 2020**

“We must meet the challenge rather than wish it were not before us.”

*William J. Brennan, Jr.*

“The gem cannot be polished without friction, nor man perfected without trials.”

*Chinese Proverb*

“The greatest glory in living lies not in never failing, but in rising every time we fail.”

*Nelson Mandela*

“Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day, saying, “I will try again tomorrow.”

*Mary Anne Radmacher*

# thank you...

To all of you who are taking care of our customers, going to work each day, and doing what you do to keep each location safe, we just want to say thank you. For your teamwork, for your great attitudes, and for your courage.

And know this: that courage isn’t the absence of fear; rather it is strength in the face of something that we fear; the strength to continue, and to carry on. You are each an example of what this means, and we are proud you are a part of our family.

Thank you from the SONOCO team!

Kent Sontheimer

## QUICK TIPS

Here are a few areas that might need to be sanitized more often:

Cereal shelf: Do we pull the cereal and clean, or simply keep adding cereals? It's a good idea to pull all the boxes and spray with Sani-TYZE (let it dry).

With POB down, now is a good time to empty and completely sanitize the drink coolers too, especially the shelves, the door handles and the door seals. Spray with Sani-TYZE.

How about the salad bar? It's a high-traffic area. Break it down after dinner daily, clean it and spray with Sani-TYZE.

In the kitchen, take a good look at the spice cabinet. Pull the bottles and give them a good cleaning, then sanitize them with Sani-TYZE. It's food safe.

How about the outside lockers? Give them a good going over too, especially if you're storing produce out there. Be sure of your rotation and clean anything that needs it.

And don't forget those coffee stations and air pots :-)



### MINI MEAT LOAVES & BACON

1/3	cup	olive oil
2	each	large onions, diced small
3	Tbsp	garlic, minced
3/4	cup	Worcestershire sauce
1	cup	ketchup
1/3	cup	vinegar (balsamic or cider is best)
1/2	cup	Dijon mustard
2	Tbsp	cumin
2	Tbsp	salt
2	Tbsp	ground black pepper
6	each	eggs
5	cups	breadcrumbs
7 1/2	lbs	ground meat (2/3 beef, 1/3 pork is best)
36	each	bacon strips, cut in half

- In saucepan or skillet, sauté onions until tender, then add garlic and cook another minute or two.
- Put in large mixing bowl and cool 5 minutes.
- Add everything but meat and breadcrumbs and mix together.
- Crumble in the meat and blend well, then add in breadcrumbs and blend well again but do this gently to not over work the mixture.
- Portion into 24 loaves, shape into 4" long x 1 1/2" wide pieces and wrap with 3 pieces of the bacon.
- Pan out the loaves onto parchment covered sheet pan and bake at 375 until bacon is well-browned (about 20 or 25 minutes) and loaves are fully done.
- Let stand before transferring to steam table pan.

# REALITY

## Don't microwave N95 Masks

Many of them contain metal components that will spark and cause a fire – or cause serious damage to the microwave.



There really is no way to properly clean an N95 mask, especially if it has paper layers.

However, if it is not of paper construction, it can be steamed for 3 minutes over plain boiling water and allowed to completely dry before using.

If you have 3 masks, wear them in rotation; one each day and allow the others to “rest”.

## SHRIMP SPECIAL

Try running Stuffed Shrimp (item number 151022) alongside your fried shrimp next seafood day.

It's sure to be a welcome change for lots of our customers, and the price is great right now.

## Cajun Beef Casserole

Simple to make, loaded with flavor and a good cost item, this is a winner for sure. Try it with fried chicken or as an alternative entrée on a theme night.

2	boxes	Jiffy cornbread mix
2	lbs	ground beef
1 ½	quarts	canned diced tomatoes, drained
4	cups	mixed vegetables, thawed
12	ounces	tomato paste
1 ½	Tbsp	Tony's seasoning (or similar)
2	cups	shredded Cheddar cheese
4	each	green onions, thinly sliced

- Preheat oven to 350°. Prepare Jiffy mix according to package directions. Spread into a greased 2-inch deep half pan.
- In a large skillet, cook beef over medium heat until no longer pink; drain.
- Add tomatoes, vegetables, tomato paste and seasoning. Bring to a boil.
- Reduce heat; simmer, uncovered, for 5 minutes. Pour over batter. Sprinkle with cheese.
- Bake, uncovered, until golden brown, 25-30 minutes. Sprinkle with onions.



## Meatball Subs & MORE...



Meatball subs don't have to be just the same old marinara (not that there's anything wrong with that :-)

Try a sub sandwich theme meal with several twists on the old meatball sandwich. How about real Swedish Meatballs in gravy? Or try the Southwest Meatballs with sautéed peppers & onions.

Better yet, do all three and let the gang choose what they want.

Simply set up your line with 3 pans of meatballs and a pan of fresh baked sub loaves and look out!

Don't forget to have some great sides to go with them: fries, slaw, potato salad and maybe even some house made potato chips. Just thin cut some potatoes, blanch for about 30 seconds, drain and fry until crispy. Remove and salt.

## Authentic Swedish Meatballs

Makes about 75 each 2" meatballs

- 2 cups bread crumbs, seasoned
- 3 each onion, medium size, fine chopped
- 5 each eggs, lightly beaten
- 1 cup fresh parsley, minced (or 1/3 cup dry)
- 1 Tbsp ground black pepper
- 2 tsp salt
- 5 lbs ground beef

### Gravy

- 1 ½ cup all-purpose flour
- ½ gallon beef broth (from stock or base)
- ½ gallon milk
- ¼ cup Worcestershire sauce
- 1 Tbsp black pepper
- 1 Tbsp salt

### Make the meatballs:

- Blend spices, parsley, eggs and bread crumbs
- Add in the beef and mix lightly
- Shape into meatballs
- Brown in skillet and transfer to a full insert pan.

### Make the gravy:

- Add flour to the drippings in skillet and make a light brown roux.
- Gradually add milk while whipping with wire whip.
- Stir in the broth/stock and Worcestershire
- Add salt, pepper, and bring to a boil.
- Pour over meatballs in pan, put in oven and bake until meatballs are cooked – about 25 minutes.



## Southwest Meatballs

Smothered with sautéed julienne peppers and served on a fresh sub roll – or wrapped in a warm tortilla – these are a great alternative to the usual taco meat or meatball marinara.

And, you can have some enchilada sauce hot and ready to top as a condiment.



And as previously mentioned, you can make this part of a sub themed meal by adding the Swedish Meatballs and Marinara Meatballs to your line.

Another variation? Make small meatballs and serve these atop a Southwest Pizza with peppers, onions, and cheddar cheese. Be sure to use enchilada sauce as the base instead of a pizza sauce.



Makes about 60 each 1 ½ “ meatballs

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1/3 cup veg oil  
3 cups diced onion (small diced)  
3 Tbsp minced garlic  
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1 Tbsp salt  
½ cup tomato paste  
½ cup cider vinegar (or white)  
2 Tbsp paprika  
1 ½ Tbsp cayenne  
2 Tbsp cumin  
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3 cups corn tortilla, ground fine \*  
1 cup cilantro, chopped  
6 each eggs  
5 lbs ground beef

- Sauté onions in veg oil until tender then add garlic and cook another minute.
- Put in a large bowl and let cool.
- Make a paste with the tomato paste and dry spices; blend together well and add eggs. Blend.
- Add cilantro and then ground beef. Work in lightly until blended.
- Add corn tortilla (either chop very finely or blend in a food processor or blender until crumbly) and work in until blended.
- Portion and shape into meatballs
- Brown off in a skillet and transfer to sheet pan or full pan to finish baking in the oven at 350 F for about 20 – 25 minutes.
- Remove, drain and serve. Top with peppers and onions, or enchilada sauce.

Note: if making small meatballs for pizza, reduce size to 1 inch, and baking time to about 15 minutes.

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## Managing Stress

### Impact of the COVID-19 Outbreak

The COVID-19 outbreak has the potential to increase stress and anxiety, both because of the fear of catching the virus and because of uncertainty about how the outbreak will affect us socially and economically. There are practical steps you can take to improve your well-being.

### Coping with the Stress of COVID-19

Dealing with stress caused by the COVID-19 virus outbreak can improve your health, quality of life, and well-being. The following principles have been shown to be related to better outcomes in many adverse situations. There are key actions that might be especially helpful for those affected by the COVID-19 outbreak. It's not necessary to have all elements in place but implementing some of the suggestions may help you deal with the stress caused by the COVID-19 virus.

#### ***Increase Sense of Safety***

Reduce anxiety with healthy actions that make you feel safer.

The [Centers for Disease Control and Prevention \(CDC\)](#) and other experts suggest the following good

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hygiene habits to limit the risk of infection:

- Wash hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Cover your mouth and nose with a tissue when you cough or sneeze. Properly dispose of used tissues.
- Cough or sneeze into your upper sleeve, arm, or elbow if you don't have a tissue.
- Clean your hands after coughing or sneezing.
- Stay at home if you are sick.
- Avoid contact with those who are sick.
- Clean and disinfect objects or surfaces that may have come into contact with germs.
- Make plans for what will happen if someone in the home becomes ill or if shelter-in-place measures are ordered.

#### ***Stay Connected***

- Seek support from family, friends, mentors, clergy, and those who are in similar circumstances.
- Be flexible and creative in accessing support via phone, email, text messaging, and video calls.
- Talk to your supervisor about the possibility of working from home temporarily.

#### ***Cultivate Ways to be More Calm***

- Realize that it is understandable to feel anxious and worried about what may happen, especially when many aspects of life are being affected.
  - If you are getting more stressed by watching the news, reduce your exposure, particularly prior to sleep.
  - While circumstances may be stressful and beyond your control, you can try to offset them with positive calming activities. Practice slow, steady breathing and muscle relaxation, as well as any other actions that are calming (yoga, exercise, music, keeping the mind occupied).
  - Preparing for a range of possible scenarios and having adequate supplies should sheltering at home be necessary can help you feel calmer. For instance, you can put together a kit with supplies to last you and your family 3 - 5 days. Include supplies such as:
    - Water and food, vitamins, fluids with electrolytes, and food preparation items such as a can opener.
    - Prescribed medical supplies or equipment, such as glucose or blood pressure monitoring equipment;
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thermometer; medicines for fever, such as acetaminophen or ibuprofen; anti-diarrheal medication.

- Hygiene supplies such as soap and water, alcohol-based hand wash, soap, tissues, toilet paper, and disposable diapers.
- General supplies such as a flashlight, batteries, portable radio, and garbage bags.

### ***Improve Your Sense of Control and Ability to Endure***

- Accept what that cannot be changed. Focus on what you can alter.
- Modify your definition of a "good day" to meet the current reality.
- Problem-solve and set achievable goals within the new circumstances in your life.
- Evaluate the absolute risk of contracting the virus and recognize the benefits of accepting a certain level of risk to maintain as much of your normal routine as possible.

Those who have been faced with life-threatening situations recommended the following strategies:

- Quickly recognize and accept the reality of the situation.
- Make a plan for dealing with feelings of being overwhelmed or overly distressed. Preparation can make you feel more in control if these feelings arise and help you move through them quickly.
- Combat unhelpful emotions by using distraction or staying busy—both mentally and physically.

- Avoid impulsive behavior.
- Get organized.
- Increase positive coping behaviors that have worked in the past.
- Shift negative self-statements to statements that allow you to function with less distress. Try changing "this is a terrible time" to "this is a terrible time, but I can get through this."
- Try to engage in the situation as a challenge, which can increase your ability to act creatively and decisively.

### ***Remain Hopeful***

- Consider the stressful situation in a broader context and keep a long-term perspective.
- Look for opportunities to practice being more patient or kind with yourself, or to see the situation as an opportunity to learn or build strengths.
- Celebrate successes, find things to be grateful for, and take satisfaction in completing tasks, even small ones.
- Give yourself small breaks from the stress of the situation by doing something you enjoy.
- Draw upon your spirituality, those who inspire you, or your personal beliefs and values.



*Meet Liz (left) and Delfia (right), busily making over 200 masks that we are all wearing right now, and they continue to make more. Thanks ladies!*

One morning Thibodeaux was sitting in his front yard patching holes in his shrimp net. His neighbor, Boudreaux, came out his front door and walked to his mailbox. He looked in the box, scratched his head and went back inside.

Half hour later Thibodeaux was still patching when Boudreaux checked his mailbox again. This time he slammed the box shut and walked back inside mumbling.

Another half hour passed. Boudreaux stomped to his mailbox, yanked it open, looked in, slammed it shut, and started back into the house.

“Boudreaux, what’s wrong?”  
Thibodeaux yelled.

“Dat computer my boy give me has lost its mind,” Boudreaux replied walking into the shade.

“You got a computer? I didn’t know dat,” Thibodeaux said.

“Yeah, Pierre give it to me yesterday- all hooked up to dat inner Net,” Boudreaux replied.

“Pierre. Dat’s a good boy you got. What’s he doin now?” Thib asked.

“He’s workin’ over in N”Awlins, got a good job,” Boudreaux answered.

So what’s wrong with de computer?’  
Thibodeaux asked.

“It just plain lost its mind,” Boudreaux replied. “You saw me. Tree times I looked in dat box. Dere ain’t nothin’ dere. But dat computer keeps sayin’ ‘YOU’VE GOT MAIL’.”

## Ground Beef Grilled Cheese



And yes, we’re talking breakfast here. It’s a nice and filling alternative to a plain grilled cheese, a welcome addition for the night crew, and an easy to make version of the Patty Melt. Win. Win. Win. Here’s How:

2	lbs	ground beef
1	each	onion, diced
1	Tbsp	garlic, minced
1 1/2	tsp	salt
1	tsp	black pepper

- In a saucepan, brown the ground beef.
- Drain off most of the fat and add the onions, garlic, salt and pepper.
- Continue to cook until the onions are tender; keep warm during meal service.
- Make grilled cheese sandwiches as you would but leave open during cooking.
- When cheese is melted, spoon a generous portion of ground beef onto one side of the sandwich.
- Close the sandwich and cook for a moment to let the cheese melt into the meat.
- Remove from grill; cut diagonally and place on serving line for service.
- Wait for the compliments. 😊

Note: Try it with Swiss cheese on wheat. Yum.

