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The logo for 'SHOP TALK' features the word 'SHOP TALK' in large, bold, orange letters with a black outline. The letter 'S' is positioned on a wooden cutting board with a knife. The background shows various kitchen utensils hanging on a rack, including a strainer, spatulas, and a whisk, with some fresh green onions in the foreground.

# SHOP TALK

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

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**September 15, 2020**

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.”

*Pele*

“Setting a goal, accomplishing it, and feeling good about yourself can help build confidence and perseverance.”

*Madison Keys*

“I haven't knocked all the doors I need to knock down, but I can see it happening more and more. It will just take more perseverance and work.”

*Little Simz*



Everyone has the right to use Stop **Work Authority** and stop an unsafe act or job. It is your right to work in a safe atmosphere.

It is also your responsibility to be sure every task you are involved in will not cause injury, illness or environmental concerns to anyone or anything.

Under NO circumstances will there be repercussions towards anyone who uses Stop Work Authority. In fact, you are **encouraged** to use it if it is necessary.

**If you observe an unsafe condition or act:**

- Take immediate action by stopping the work
- Notify the supervisor in charge.
- Discuss and/or determine corrective measures with all involved
- Review and/or revise JSA as necessary
- Communicate corrective measures
- Resume Work Safely
- Create a BBSM observation card outlining the stop work action details for documentation purposes
- A phone call to the Safety Department is required with an explanation of the specific details and corrective action anytime Stop Work Authority is used.

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## Awesome Lasagna

Makes 1 full size (2 ½ inch deep) pan

1 ½ lbs Italian sausage, removed from casing  
2 lbs ground beef  
1 cup onions, minced  
1 ½ Tbsp garlic, mashed  
3 cups tomato paste  
3 cups tomato sauce  
1 cup water  
¼ cup granulated sugar  
1 Tbsp dried basil  
2 tsp Italian seasoning  
2 tsp salt  
½ tsp ground black pepper  
½ cup fresh parsley, chopped  
2 packs lasagna noodles  
32 oz ricotta cheese (or cottage cheese, drained well through a skimmer)  
4 each eggs  
1 ½ lbs mozzarella, shredded  
1 ½ cups grated parmesan

- In a large pot, cook the meats, onions and garlic at medium heat until well browned.
- Add all tomatoes and water, sugar and seasonings (except parsley).
- Bring to a boil, reduce to a simmer and cook about an hour, stirring once in a while.
- Meanwhile, cook the noodles al dente' in a large pot of salty water at a rolling boil. The noodles should not be cooked more than about 8 minutes.

Remember they'll cook in the oven also.

- When noodles are done, remove and drain.
- Also, while sauce is cooking, combine ricotta, eggs, and parsley in a bowl with a tsp of salt.

To assemble the lasagna:

- Prepare a full pan with food spray.
- Ladle about 2 cups of sauce in bottom of the pan, then cover with noodles from one end to the other. Overlap only enough to prevent any gaps.
- Spread with half of the cheese mixture, then cover with 1/3 of the shredded cheeses.
- Spoon on a couple cups of meat sauce, then top with noodles.
- Repeat the layer, then top with noodles, then any remaining cheeses.
- Cover tightly with foil (spray the foil with food release spray to prevent it sticking).
- Bake about half an hour, remove the foil and bake another 20 minutes.
- Remove and serve.



## Italian Meatballs

Yeah, you can use the meatballs in a bag, but these are so much better. You won't brown these; put them directly into hot, simmering sauce.

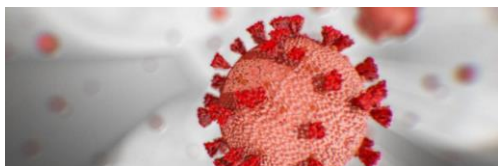


Makes about 100 meatballs, averaging 1 ½ ounce each (you can freeze any extras)

5	lbs	ground beef
1 1/2	lb	ground pork
1	lb	ground turkey (adds lightness, but can substitute pork or beef)
6	each	eggs, slightly beaten
2 ½	cups	grated parmesan cheese
2	cups	breadcrumbs (plain or Italian)
½	cup	garlic, minced very fine
2 ½	Tbsp	salt
1 ½	Tbsp	ground black pepper
2	cups	milk
1	Tbsp	dried oregano
1	cup	fresh parsley (or ½ cup dried parsley flakes)

- Combine the egg and milk and blend together.
- Mix everything else together in a large bowl, then add egg/milk mixture.
- Blend well, then form into meatballs. Work gently so they don't become tough; shape into uniform round meatballs about golf ball size.
- Two methods to cook the meatballs:
- Drop the meatballs into sauce and don't stir for at least 20 minutes or so (this is so the meatballs don't break up). Stir gently once or twice during the next 20 minutes and then serve. OR:
- Put the meatballs in a roasting pan, then pour sauce over them. Put the pan in the oven and bake until done (check after 40 minutes). How do you know they're done? Grab one from the middle somewhere and eat it.

Oh yeah. Now that's a spicy meatball!



## COVID Exposure Practices

What to do if someone has been exposed, possibly exposed or is positive for COVID?

**Positive:** Anyone who tests positive is required by SONOCO to quarantine for 14 days from the day that either their test was taken, or since symptoms first appeared. You also have to be symptom-free and have no fever for at least 24 hours (without taking fever-reducing meds).

**Exposed:** If you were exposed to someone with COVID, you will have to quarantine for 14 days. If during those 14 days you show any symptoms, you will have to quarantine another 14 days from when the symptoms first appeared.

**Possible Exposure:** If you were possibly exposed to someone with COVID, you will have to quarantine for 14 days. If during those 14 days you show any symptoms, you will have to quarantine another 14 days from when the symptoms first appeared.

## Homestyle Ground Beef Casserole

Takes about 25 minutes to prep. Serves 12 or so

2 lbs	ground beef
1 (28 oz) can	whole tomatoes, crushed or diced
2 (10 oz) can	Ro-tel
2 (6 oz) can	tomato paste
2 tsp	salt
1 tsp	Italian seasoning
1tsp	pepper
6 cups	uncooked egg noodles
8 each	green onions, chopped
2 (8 oz)	sour cream
1 (8 oz)	cream cheese, softened
8 ounces	shredded Cheddar (about 2 cup)
4 ounces	shredded Parmesan (about 2 cup)
8 ounces	shredded mozzarella (about 2 cup)

- Brown beef in a large skillet 5 to 8 minutes or until meat crumbles; drain. Stir in canned tomatoes and next 4 ingredients.
- Bring to a boil; reduce heat, and simmer, uncovered, 5 minutes. Remove from heat; set aside.
- Preheat oven to 350°F. Prepare egg noodles according to package directions. Stir together hot cooked noodles, chopped green onions, sour cream, and cream cheese until blended.
- Spoon egg noodle mixture into a lightly greased half pan. Top with beef mixture; sprinkle with cheeses.
- Bake, covered, at 350°F for 35 minutes. Uncover and bake 5 more minutes. Let stand 10 to 15 minutes before serving.



## Easy Meat Loaf

This is a very easy and no fail recipe for meatloaf. It won't take long to make at all, and it's quite good! Makes 2 bread loaf pans.

3 lbs	ground beef
2 each	eggs
1 large	onion, diced
2 cups	milk
1 tsp	salt
1 tsp	pepper
2 cups	dry breadcrumbs
1 ½ Tbsp	yellow mustard
¼ cup	brown sugar
2/3 cup	ketchup

- In a bowl, combine beef, egg, onion, milk and breadcrumbs.
- Season with salt and pepper and place in an oiled 5x9 inch loaf pan.
- In a separate bowl, blend brown sugar, mustard and ketchup. Mix well and pour over the meatloaf.
- Bake at 350 F for 1 hour.
- Remove, let stand 10 minutes
- Slice and serve.



## Blueberry Bread Pudding

Bread pudding is an excellent way to use leftover stale bread. The frugal dessert probably originated in early England, where it was called "poor man's pudding." Makes a single half pan (2 ½ "deep)

4	cups	milk
4	each	large eggs
8	cups	day-old dinner rolls or bread, torn or diced into cubes a little smaller than 1"
½	tsp	almond extract
1	tsp	vanilla extract
1	tsp	lemon zest (optional but really good)
3	cups	frozen blueberries
¼	cup	granulated sugar

- Preheat oven to 350 F
- In a large bowl, whisk together the milk, eggs, sugar, vanilla, almond flavorings, and lemon zest.
- Add the bread and let mixture stand for 15 minutes.
- Transfer the mixture to a buttered half pan.
- Set the half pan in a larger pan and put water in the larger outer pan – about an inch deep.
- Bake 50 minutes to an hour until firm and top is lightly browned. Remove and let stand 15 minutes.
- Score to portion sizes and dust with powdered sugar.

## Korean Style Beef & Rice

This simple dish is easy to make and can be served over Jasmine, brown, or long grain rice.

Serves about 10

2 ½ lbs	ground beef
4 Tbsp	minced garlic
3 Tbsp	ginger, fresh grated
2 Tbsp	sesame oil
¾ cup	low sodium soy sauce
¾ cup	brown sugar (light)
1 tsp	red pepper flakes
12 each	chopped green onion

- Heat a large skillet or braiser to medium high. Cook the beef until browned; then drain fat.
- Add garlic, ginger sesame oil and stir until fragrant (3 or 4 minutes).
- Stir in soy, brown sugar and pepper flakes and cook until liquid reduces a bit.
- Stir in half of green onions
- Remove from skillet and transfer to half pan. Top with the remaining green onions.



## One Pot Beef Stroganoff

2 Tbsp	Margarine
1 lb	mushrooms, fresh thickly sliced
1 each	onion, diced
2 lbs	ground beef
2 Tbsp	minced garlic
1 tsp	dried thyme
1/3 cup	flour
1/4 cup	wine vinegar
1/4 cup	apple juice
8 cups	beef stock
4 Tbsp	Worcestershire sauce
2 Tbsp	Dijon mustard
16 oz	egg noodles, uncooked
1 cup	sour cream
	salt and black pepper, to taste

- Melt margarine in a large skillet over medium heat. Add mushrooms and onion, and cook, stirring occasionally, until mushrooms are browned; season with salt and pepper, to taste.
- Add ground beef and cook until it crumbles. Stir in garlic and thyme until fragrant, about 1 minute.
- Whisk in flour until lightly browned.
- Stir in vinegar and juice, scraping bottom of the skillet, then add stock, Worcestershire, and noodles.
- Bring to a boil; cover, reduce heat and simmer until pasta is cooked through, about 9-10 minutes.
- Add sour cream; stir and transfer to line pan.

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## Poor Boudreaux . . .

feeling guilty, he went to confession.

"Father, I kinda took a little lumber from that new construction site."

Priest: "What did you do with the lumber, my son?"

Boudreaux: "Well, Father, my porch, she's had a hole for a long time. I'm afraid that someone will break their leg, so I fix the hole."

Priest: "Well, that's not so bad."

Boudreaux: "Well, Father, I had a little lumber left."

Priest: "What did you do with it?"

Boudreaux: "Well, my poor dog, he ain't never had no place to get outta the weather, so I make him his own little doghouse."

Priest: "OK, anything else?"

Boudreaux: "Well, Father, I had a little lumber left. So my truck, ain't never had no place to get outta de weather, so I make her a two-car garage."

Priest: "This is getting out of hand."

Boudreaux: "Well, Father, I still had a little lumber left."

Priest: "Yes?"

Boudreaux: "Well, my wife, she always want a bigger house. So I add two bedrooms and a new bathroom."

Priest: "OK! That's definitely too much. For your penance, you are going to have to make a Novena. You do know how to make a Novena, don't you?"

Boudreaux: "No, Father ... but if you got the plans, I got the lumber."

## Cleaning & Disinfecting

Every facility should have routine general cleaning to ensure that all areas are regularly cleaned to a satisfactory standard. Staff should always use appropriate personal protective equipment (PPE) to protect themselves.

### Cleaning

Cleaning with warm water and detergent removes visible dirt and contamination and in most cases is effective for decontaminating both equipment and the environment.

However, in situations such as **an outbreak, surfaces and equipment require both cleaning and Frequent disinfection.**

### Disinfection

Disinfection is a process that reduces the number of microorganisms to a level at which they do not present a risk to clients. It is **only** effective if surfaces and equipment have been cleaned thoroughly with detergent and water beforehand.

Warm water and detergent should be used to clean hard surfaces followed by disinfection with 1000ppm (0.1%) chlorine bleach solution (about 1/3 cup per gallon). This solution will kill both bacteria and viruses provided it is used as per instructions.

Bleach solutions are corrosive, and it is recommended that the solution is rinsed off commodes, mattresses and stainless-steel surfaces with warm water at the end of the process.

### Sanitizing

Food contact surfaces should be cleaned and sanitized to reduce the amount of pathogens present. Sanitizing should be completed by properly maintained sanitizing equipment. Sanitizing should also be performed by

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spraying surfaces with **Sani-Tyze** sanitizing spray or equivalent.

**Sani-Tyze** is completely food-safe to use on any food surface and is not wiped off after spraying.

**Cooking equipment, knives, and utensils:** Wash as usual, rinse and then spray with Sani-Tyze. Allow to air dry and use as you normally would. Do not towel dry.

**On counters, worktables, steam table pans, and other food contact surfaces:** hand wash as usual then spray with Sani-Tyze and allow to air dry.

**Cutting boards:** wash as usual, then spray with Sani-Tyze and allow to air dry.

NOTE: This is a SANITIZER, not a disinfectant and is for kitchen use. It is NOT to be used as a disinfectant in bathrooms or other potentially germ-laden environments.

### **Cleaning and disinfection of the Facility**

Disinfectant sprays (i.e. Lysol, Re-Fresh Hospital Spray) should be used to disinfect frequently touched surfaces like handrails, bed rails, door handles, faucets, light switches, telephones, and such. Allow spray to dry for a **minimum of ten minutes** before wiping. Disinfectant sprays can be used in bunk areas by fogging the area for three to five seconds.

### **Routine General Cleaning**

Routine cleaning of the facility should be done at least daily. Thorough cleaning with neutral detergent and water is commonly used. If soiling (with blood and/or bodily fluids) is evident, then general cleaning should be followed with a disinfectant clean – using a bleach solution or a similar product. If using a bleach solution, the area should then be rinsed and dried. Always ensure that surfaces that are being disinfected are compatible with the product being used.

### **Enhanced Cleaning**

During an outbreak of infection or an unusual increase in the incidence of a particular organism – such as the current COVID-19 pandemic – enhanced routine cleaning (minimum twice daily) is essential.

This includes cleaning/disinfecting, including frequently touched surfaces such as bed tables, bed rails, the arms of chairs, sinks, door handles and push plates, and any area/piece of equipment that may potentially be contaminated.

Depending on the type of outbreak in the facility, certain areas will require more frequent cleaning and disinfection, e.g. sanitary areas during an outbreak of gastrointestinal infection.

