



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

**January 15, 2021**

“Service to others is the rent you pay for your room here on earth.”

*Muhammad Ali*



“No one is useless in this world that lightens the burdens of another.”

*Charles Dickens*



“Wherever a man turns, he can find someone who needs him.”

*Albert Schweitzer*



“Act as if what you do makes a difference. It does.”

*William James*



“We make a living by what we get, but we make a life by what we give.”

*Winston Churchill*

**IN MEMORIUM**

On January 1, our friend and longtime SONOCO employee Matt Parker passed away of natural causes.



Matt had been a part of the SONOCO team since 1988 and was on the Constitution for several years.

I first met Matt when we worked together back in 1989 and we formed a friendship that lasted 30 years. That was just who Matt was; a loyal friend to those who took the time to know him.

Matt was a respected and involved member of our community here in the Houma area. He was a Shriner who helped raise funds for children, a Mason and he was active in his church. He is survived by his three children, Jarmal Parker, Chanel Charles, and Chante’ Parker.

Matthew will be remembered as a good man, a good friend, and a loved and respected member of our SONOCO family.

Rest in peace Matt.

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## COVID: What You Can Do

- COVID-19 spreads easily from person to person, mainly by the following routes:
  - Between people who are in close contact with one another
  - Through respiratory droplets produced when an infected person coughs, sneezes, or breathes.
- People with no symptoms can also spread the virus.

### EVERYONE SHOULD:

Wash hands for at least 20 seconds with soap and water:

- Before eating or preparing food
- Before touching your face
- After using the restroom
- After blowing your nose, coughing, or sneezing
- After handling your mask
- After caring for someone sick

If soap & water aren't available, use a hand sanitizer with 60% alcohol.

### AVOID CLOSE CONTACT:

- Put 6 feet of distance between yourself and people who don't live in your household.

### WEAR A MASK AROUND OTHERS:

- You can spread COVID-19 even if you don't feel sick.
- The mask is meant to protect other people in case you are infected.
- Wear a mask in public settings.

- Keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.

### COVER COUGHS AND SNEEZES:

Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow, and do not spit.

### CLEAN AND DISINFECT:

- Clean AND disinfect frequently touched surfaces daily: tables, doorknobs, light switches, counters, handles, phones, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use an EPA-approved household disinfectant.

### MONITOR YOUR HEALTH DAILY:

- Be alert for symptoms like fever, cough, shortness of breath, or other symptoms of COVID-19.
- Take your temperature if symptoms develop. Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow CDC guidance if symptoms develop.

### PROTECT YOUR HEALTH THIS FLU SEASON

It's likely that flu viruses and the virus that causes COVID-19 will **both** spread this fall and winter. Healthcare systems could be overwhelmed treating both patients with flu and patients with COVID-19. This means getting a flu vaccine during 2020-2021 is more important than ever. While a flu vaccine will not protect against COVID-19 there are many important benefits:

- Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death.
  - Getting a flu vaccine can also save healthcare resources for the care of patients with COVID-19.
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## Grilled Buffalo Chicken Sandwiches



Satisfy their wing cravings with this buffalo chicken sandwich. the slaw makes it even better. Makes 10.

- 1 cup hot sauce
- 1 cup melted oleo or butter
- ½ cup Ketchup
- 10 each boneless breasts
- 1 cup Ranch dressing

- Combine hot sauce, oleo, and ketchup in a bowl. Reserve ½ cup of the mixture.
- Toss the chicken to coat and marinate 30 minutes – 1 hour.
- Remove from marinade (toss out the marinade you used).
- Grill the chicken, until fully cooked to 165 F internal.
- Meanwhile, grill or toast the buns and spread the Ranch dressing on the buns.
- Place chicken on each bun, top with slaw (recipe follows) and then drizzle on some of the reserved sauce.
- Step back, take a bow and enjoy the compliments. 😊

## Blue Cheese Apple Slaw

Although this slaw was created for the Grilled Buffalo Chicken Sandwiches, it's good all on its own, or atop a pulled pork sandwich. Makes about 5 cups.

- 3 cups shredded cabbage
- 2 each apples, diced with skin on.
- 4 ribs celery, finely chopped
- 1/3 cup blue cheese dressing
- ½ cup chopped fresh parsley
- ½ each small onion, finely chopped or minced
- ½ cup olive oil
- ¼ cup vinegar (cider is preferred, white is okay)
- 2 Tbsp granulated sugar
- To taste salt and pepper

- Combine all the wet ingredients in a bowl and blend together.
- Add the apple first and toss, then all the remaining ingredients. Blend well by tossing lightly.
- Chill for at least half an hour to let the flavors combine and soak into the cabbage and apple.
- Serve either on a sandwich or as a side item.

A couple of notes:

- You can substitute fresh broccoli stalks (not the florets) for up to half of the cabbage.
- More apple is fine if you want to add it.



## Slow Cooked Sesame Chicken

Here's another easy and tasty chicken dish. About 20 servings.

1	cup	chicken broth
¼	cup	cider vinegar
1	cup	low sodium soy sauce
1	cup	sesame oil
¼	cup	brown sugar
6	lbs.	boneless thighs or Breasts
½	cup	minced garlic
3	inch	ginger, sliced thin
½	cup	sliced green onions

- In a bowl, combine liquids and the brown sugar. Blend well
- Toss chicken in the mixture; put in a deep pan or roaster.
- Pour on the remaining liquid, garlic and ginger
- Bake until the chicken is tender; remove and allow to cool a bit
- Shred chicken and return to the liquid; toss to coat and transfer to a serving pan.
- Serve with steamed rice and broccoli (OR, the next recipe).



Sesame Noodles, serves about 20

3	pack	fettuccine noodles, cooked
1/3	cup	garlic, minced
1	cup	granulated sugar
1	cup	cooking oil
1	cup	cider vinegar
1	cup	soy sauce
1/2	cup	sesame oil
¼	cup	chili sauce (Sriracha or Thai is okay)
15	each	green onions, sliced
1	each	red bell pepper, julienne slice

- In a saucepan over medium high heat, combine everything but onions, bell pepper and fettuccine.
- Bring to a boil and cook – stirring constantly – until the liquid boils.
- Add in the bell pepper and cook for just a minute or two. You want them to still be crispy.
- Remove from heat, add the fettuccine, stir gently but thoroughly, then add in the green onions.
- Transfer to a serving pan.

Note: You can also make it an entrée by adding cooked chicken or beef and adding steamed broccoli.

# FIRE SAFETY AT HOME

## Some Facts:

- Electric space heaters are the cause of 80% of house fires with a deadly outcome.
- Fire sprinklers can reduce the chance of death in homes by 80%.
- According to the National Fire Protection Association, firefighters in the US respond to a fire every 24 seconds.
- There were more than 2,300 fatalities in the U.S. in 2019 on one-and two-family houses.

## Smoke Detectors:

1. The risk of dying in a house fire is cut in half for those in homes with working smoke alarms. Being warned of a fire early greatly increases your survival chances.
2. 40% of home fire deaths occur in a home with no smoke alarm. Home fire statistics show that 40% of all deaths that occur in a home fire happen when no smoke detector is present.
3. 17% of home fire deaths occur due to a nonfunctional smoke alarm. Checking if your smoke detector works is a small task that needs to be repeated weekly, fire prevention agencies warn.
4. 25% of smoke alarm failures

with a deadly outcome occur due to a dead battery. Estimates show that a quarter of all smoke alarm failures that happened in home fires with a deadly outcome had batteries to blame. Missing, disconnected, or dead batteries are the reason those buttons on the back exist. No matter how sensitive to bad cooking your alarm may be, never disconnect its batteries.

## FIRE SAFETY AT HOME



### ELIMINATE HAZARDS

- Keep space heaters away from anything that can burn
- Store all flammable materials away from heat
- Don't let trash accumulate in attic, basement or garage
- Don't run extension cords behind rugs or curtains
- Use fuses, circuit breakers and appliances with UL (Underwriters Laboratory) seal only
- Don't overload circuits

### FIRE PREVENTION

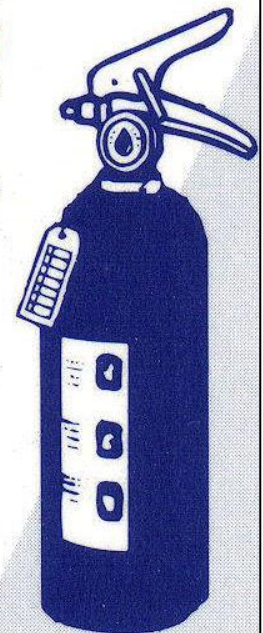
- Keep operational fire extinguishers handy
- Install and maintain smoke detectors

### DEVELOP ESCAPE PLAN

- Develop and memorize escape route
- Assign responsibility for evacuating infants, elderly and infirm
- Choose meeting place outside home
- Keys must be easily accessible
- Hold frequent fire drills
- Test every door, be sure there's no fire on the other side
- Know two ways out

### DURING A FIRE

- Leave personal belongings behind
- Don't go back for any reason
- If clothing catches fire stop, drop and roll
- In dense smoke crawl on floor to nearest exit



## Fettuccine and Broccoli

Another easy, tasty preparation of fettuccine. Serves about 20.

3 lbs fettuccine, cooked  
3 lbs broccoli florets  
½ cup olive oil  
¼ cup butter  
3 Tbsp garlic, minced  
3 each red pepper, sliced  
½ tsp garlic powder  
¾ cup Parmesan cheese  
To taste salt and pepper

- Steam the broccoli until hot but still a bright green. Set aside
- In a skillet, melt oleo and add garlic and oil. Cook 3 minutes
- Add the red pepper slices and sauté gently so they become slightly limp but still crispy.
- Drain the broccoli and add to the skillet; cook until it is hot.
- In a large bowl, place the pasta and then top with the broccoli mixture. Fold together, then fold in Parmesan cheese.
- Transfer to a serving pan.



January



B L O O D  
DONOR MONTH



SAVE A LIFE. GIVE BLOOD.

January is the beginning of a new year and the perfect time to start the year celebrating National Blood Donor Month. Due to increased seasonal illnesses during the winter months and inclement weather conditions, donations of blood and platelets decline and demand increases.

The American Red Cross and Blood Banks of America encourage everyone can donate to continue their donations. Those who have never donated, to make an appointment. Blood donation is safer than ever before and saves lives. Millions of people including cancer patients, organ recipients, and victims of accidents; rely on blood donations from people like us.

### HOW TO OBSERVE

Give blood. Don't wait for a disaster. Someone needs blood now! Contact the American Red Cross or your local blood bank for more information.

### HISTORY

President Richard Nixon proclaimed January as National Blood Donor Month for the first time on December 31, 1969, as requested by Senate Joint Resolution 154.

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## Kitchen Hacks

Get more juice from your lemon or lime: Microwave it for 10 seconds and then roll it on the counter. More juice, less hassle.

Add a Carrot to your spaghetti sauce to take away some of the acidic flavor. The sweetness of the carrot is just enough to mellow a sauce. And you can puree it into the sauce and so there's no waste.

Shred chicken quickly by putting it in the mixer and using your paddle attachment. Don't go crazy here; be sure to watch as you shred!

Use parchment paper "pockets" to bake fish. Add herbs, veggies and close it up to bake great flavor into even the blandest of fish.



Crisp that limp celery. Cut off the top and bottom, then stand it up in a container of ice-cold water. Be sure to completely submerge the celery. It works on lots of veggies.

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## Sloppy Joe Casserole

Classic flavor in a new format makes it easy to prepare and a hearty entrée for a cold day. Serves about 25.

2 lbs elbow macaroni, a bit undercooked  
¼ cup cooking oil  
6 lbs ground beef  
2 each bell pepper, seeded and diced  
4 cups onions, diced  
3 cups carrots, diced (fresh or frozen okay)  
2 Tbsp garlic, minced  
3 Tbsp salt  
4 cans tomato sauce (15 oz cans)  
¼ cup Worcestershire sauce  
2 tsp dry mustard  
¼ cup brown sugar  
8 cups shredded Cheddar (or cheese blend)  
½ cup fresh parsley, chopped coarsely

- In a braiser, stockpot or large pan, brown the beef in the oil, breaking it up as it browns.
- Add vegetables, garlic and salt and cook until the peppers are tender.
- Add remaining ingredients and cook at low temperature until it thickens, about 10 minutes.
- Add the pasta, stir in and transfer to a line pan.
- Top with cheese; bake at 350 F until cheese bubbles.
- Garnish with fresh parsley leaves.



## Thibodeaux's New Job

Thibodeaux just got himself a new job in a downtown office. The boss told him on his first morning at work that his first task would be to run down to the corner restaurant and get coffee for the office.

On his way out the door, he picked up a large thermos bottle and ran down to the corner to get the coffee.

Getting to the restaurant he asks the waiter if the thermos was large enough to hold six cups of coffee. The waiter told him that it would be.

So Thibodeaux tells him, "Great! Give me two regular, two black, an' two decaf !"



## Tilapia Scampi

Makes 10 servings.

10	each	tilapia fillets, rinsed, patted dry
1	cup	oleo or butter
1	Tbsp	lemon juice
5	Tbsp	minced garlic
2	Tbsp	dried parsley

- Preheat oven to 375 F
- Prep a sheet pan with parchment or food spray.
- Melt the butter / oleo and add lemon juice and garlic. Cook gently until garlic is soft
- Sheet out the fish onto a pan and pour the sauce over the fish, then sprinkle parsley on top.
- Bake in the oven, turning the fillets every 10 minutes until the fish flakes easily with a fork. This should take about 40 minutes at the most.
- Remove and place in a serving pan. Top with a slice of lemon, twisted, as a garnish.
- Rice Pilaf is a great side dish for this entrée. Or a nice, simple pasta with garlic and Parmesan cheese.

