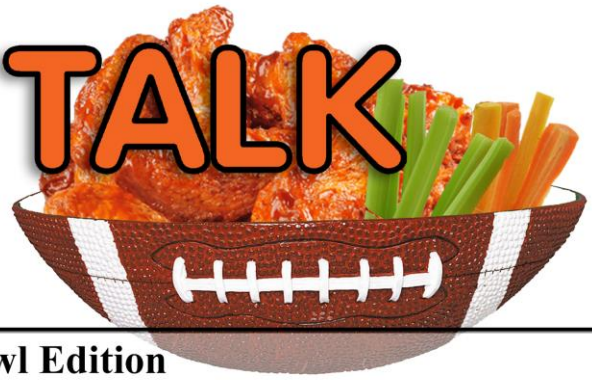




# SHOP TALK



2021 Superbowl Edition

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**February 1, 2021**

“Talent sets the floor; character sets the ceiling.”

*Bill Belichick*

“When you’re good at something, you’ll tell everyone. When you’re great at something, they’ll tell you.”

*Walter Payton*

“Today I will do what others won’t, so tomorrow I can accomplish what others can’t.”

*Jerry Rice*

“Once you learn to quit, it becomes a habit.”

*Vince Lombardi*

“There is no work too hard for a great team.”

*Claro Hortelano*

## In Memoriam

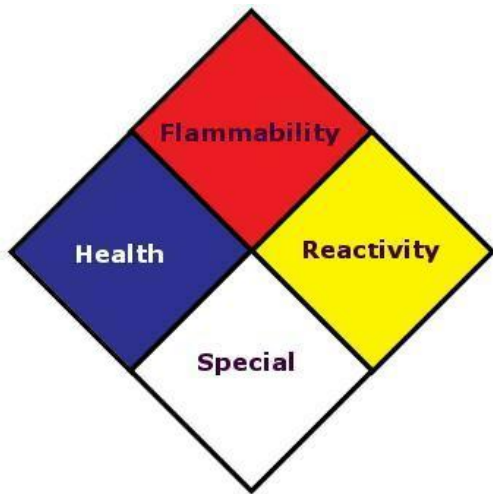


Tragically, SONOCO lost another family member. On Tuesday morning in the Philippines, Jimboy Basarte lost his life to brain cancer. Jimboy was only twenty-seven years old.

He lived here with us for many months after he was diagnosed and went home to family after radiation and chemotherapy were found to be ineffective from this incredibly aggressive disease.

Jimboy will be remembered as a soft-spoken, kind, and humble young man. He will be missed. Jimboy is survived by his mother.

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## What is HazCom?

The OSHA Hazard Communication Standard (HazCom) is designed to protect us from hazardous chemicals used or stored in the work setting. Known as **Right To Know**, it requires that training and information be given to employees who may be exposed to a hazardous chemical "under normal use or in a foreseeable emergency."

HazCom training requires the presence of hazardous chemicals be communicated in a variety of ways:

- The hazardous chemical inventory
- Safety Data Sheets (SDS)
- Labels, tags, or signs
- The written hazard communication program

OSHA issued a final rule to align its Hazard Communication Standard with the Globally Harmonized System of Chemical Classification and Labeling (GHS), and all the changes are now in effect. They focus on:

- Hazard classification
- Labeling and marking
- Safety Data Sheets (SDS)
- Globally Harmonized System training and info distribution

## Just the FAQ's, Please...

### What are the major changes?

- The three major changes are hazard classification, labels, and safety data sheets (SDS).
- Hazard classification: The definitions changed to provide specific criteria to classify health and physical hazards. This helps ensure that hazard evaluations are consistent, and that labels and safety data sheets are more accurate.
- Labels: must include a harmonized signal word, pictogram, and hazard statement for each hazard class and category.
- Safety Data Sheets: SDSs now include a specified 16-section format.

### Who is covered by HazCom?

- Basically, any employer with one employee and one hazardous chemical is covered. All SONOCO employees are required to have this training.

### Do I need an SDS for commercial products like "Windex?"

- Yes. Employees who work with hazardous chemicals at a greater frequency of exposure than what a normal consumer would experience would need to be trained on the hazards of that product.

### Do I need an SDS for a non-hazardous chemical?

- Non-hazardous chemicals are not covered by HazCom; therefore, SDSs are not required for those chemicals.

## White Chicken Chili

Makes about 1 gallon

- 4 Tbsp cooking oil
- 2 each large onions, diced
- 3 cans hominy, drained
- 2 lbs white beans
- 2 qts chicken broth
- 2 lbs chicken, cooked
- ¼ cup cilantro, chopped
- 1 Tbsp ground cumin
- 1 tsp black pepper
- 1 lb Swiss slices

- Dice chicken into cubes
- Cook the beans in well-salted water until just done. They should be firm and not creamy or broken up.
- In a stockpot, cook onions in oil until soft.
- Add remaining ingredients except the cheese, bring to a boil and reduce to a simmer. Cook for a few minutes until everything is heated through.



- Stir in the cheese slices 1 or 2 at a time and heat until blended.



- Remove and serve.

## Vegetable Soup

If you're not using leftovers for this soup, you're missing out on great flavor and a chance to save our customer on their budget. On the other hand, if you just don't have any (because you are a genius at portion control), then you can use mixed veggies frozen or canned, or canned veggies, or pick out those fresh ones that won't make it until grocery day.

Makes about 4 gallons

- 1 1/2 gallons beef stock
- 1 46 oz can tomato juice or V-8
- 8 to 12 cups green beans, carrots and corn
- 4 cups celery, diced
- 4 cups onions, diced
- 6 cups potatoes, peeled and cubed
- 1 Tbsp salt 1 tsp pepper
- 1 #10 can whole tomatoes, crushed by hand or chopped

- In a large stockpot, heat stock
- Add vegetables, tomatoes, and seasoning, cover and simmer until vegetables are tender, about 30 to 40 minutes.
- Check seasoning and add as needed.

- Simmer another 10 minutes or until beef is fully heated.
- Remove and serve.

## Sausage & Potato Chowder

Makes about 25 serving

½	cup	oleo
½	cup	flour
2	each	large onions, diced
3	Tbsp	garlic, minced
2	each	red bell peppers, diced
3	each	green bell pepper, Diced
6	cups	chicken stock
3	cups	milk
2	cups	half and half
4	lbs	red potatoes, diced
1	tsp	black pepper
2	tsp	ground cumin
2	lbs	whole kernel corn
1	lb	smoked sausage, diced

- In a large stockpot, sauté onion, garlic, and bell peppers until soft. Add flour and cook about 3 minutes more.
- Stir in broth and blend with wire whip. Add seasonings.
- Add potatoes and half of corn; bring to a boil and reduce to a simmer.
- While potatoes cook, puree half of corn in a blender; set aside.
- Sauté sausage until it browns a bit, then add to soup.
- When potatoes are tender, add the pureed corn and milk.

- Simmer an additional 20 minutes, remove, and



serve.

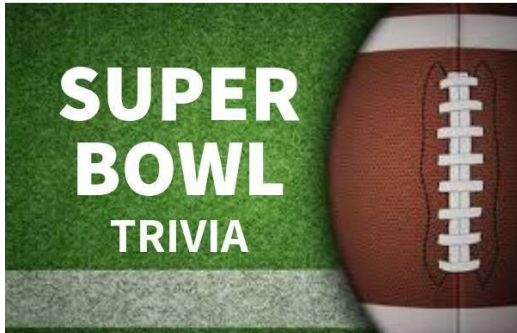
## Beef Noodle Soup

Makes about 3 gallons

½	cup	cooking oil
2	lb	cubed beef
2	tsp	salt
½	tsp	black pepper
2	cups	onions, diced
3	cups	celery, diced
2	cups	carrots, diced small
2 ½	gallons	beef stock
2	12 oz	egg noodles

- In a large stockpot, heat oil, brown the beef, and then drain off the fat.
- Add onions, carrots and celery, and sauté.
- Add stock and simmer about half an hour, then check seasoning. Adjust as needed for saltiness and pepper.
- Add the egg noodles and cook at a high simmer until tender – somewhere between 7 and 12 minutes.
- Check salt again, as noodles will absorb some, and adjust.

- Remove and serve.



According to the USDA, Super Bowl Sunday is America's "2nd-largest food consumption day", behind only Thanksgiving.

Peyton Manning is the only starting quarterback to win a Super Bowl with two different teams: the Colts in 2007 and the Denver Broncos in 2016.

The priciest tickets to Super Bowl I, on January 15, 1967, cost \$12. Even at that bargain price, the event still didn't sell out.

Although the Baltimore Colts beat Dallas in Super Bowl V in 1971, Cowboys linebacker Chuck Howley was named the game's MVP. He's the only player in history to earn this honor as a member of the losing team.

On Super Bowl Media Day in 2000, a reporter asked then-Titans defensive tackle Joe Salave'a, "What's your relationship with the football?" He replied: "I'd say it's strictly platonic."

## Chicken Enchilada Soup

Maybe it's a stew, or a chili or a soup. Doesn't matter if it's good. Serve with shredded cheddar and sour cream available.

Makes about 2 gallons

2	each	large onion, diced
3	cans	black beans
3	cans	navy beans and jalapenos (or 1 lb cooked kidneys)
3	cans	whole kernel corn, drained
3	cups	tomato sauce
5	cups	chicken stock
3	cans	Ro-Tel tomatoes
1	28 oz	can whole tomatoes, crushed, with liquid
3	packs	taco seasoning mix (1/2 cup)
1	Tbsp	ground cumin
3	lbs	boneless chicken thighs or breasts, or a combination of both.

- Put all ingredients in a stockpot, bring to a boil and then reduce to a simmer. Cook until chicken is done enough to shred. Remove chicken to cool, then shred into large pieces.
- Return chicken meat to the soup; cook another half hour to an hour.

- Remove from heat and serve.

## Chicken Corn Chowder

Makes about 2 1/2 gallons

12 slices bacon, chopped  
 2 large onions, diced  
 4 ribs celery, diced  
 4 cloves garlic, minced  
 1/2 cup flour  
 1 gallon chicken stock  
 8 each red or white potatoes  
     peeled and cubed  
 2 lbs whole kernel corn,  
 4 cups half and half  
 6 - 8 cups chicken, cooked and  
     chopped or shred  
 2 tsp dried thyme  
 1/4 cup parsley flakes or:  
 1/2 cup fresh parsley

- Cook the bacon in a stockpot. When crisp, remove bacon leaving fat.
- Add onions, celery and garlic; sauté until soft. Add flour and cook a couple of minutes to achieve a blonde roux.
- Add half the stock, stirring with wire whip until roux is blended.
- Add rest of stock, thyme, salt, and pepper. Bring to a boil.
- Add potatoes and corn, simmer until potatoes are tender.
- Add the chicken. Cook until chicken is heated through.
- Add half and half, stir to blend, and cook until heated through.
- Check salt and pepper and adjust as needed.

- Stir in the parsley flakes and transfer to serving pan or soup kettle.

## Loaded Baked Potato Soup

Makes about 25 servings

10 each white potatoes, large  
 1 2/3 cups butter or margarine  
 1 2/3 cups flour  
 8 cups chicken stock, room temp or cold  
 8 cups milk  
 1 7/8 tsp salt  
 1 1/4 tsp white pepper  
 5 Tbsp green onions, chopped  
 1 1/4 cups sliced bacon, cooked, crumbled  
 3 1/8 cups shredded Cheddar cheese

- Bake potatoes at 350 F about an hour. Refrigerate until cold (using leftover baked potatoes is better).
- Peel potatoes and cube (you can also scoop out and save the skins to use for another purpose).
- Melt butter in large sauce pan on low heat. Add flour and cook until you have a blonde roux.
- Gradually add stock while stirring.
- Cook on medium heat until thicken and bubbly, stir constantly.
- Add potatoes, seasonings, and milk. Stir well. Cook at a simmer until heated.
- Add bacon and shredded cheddar, cook until cheese is melted.



- Transfer to serving container and add green onions.

## Boudreaux & Thibodaux

One day Boudreaux walked into Thibodaux's house & asked him may what's that in ya front yard?? Thibodaux said "mais, it a helicopter."

Boudreaux says "a helicopter? What it do?"

Thibodaux say "come see I show ya." They walk in the yard. Thibodaux gets in and takes off strait up into the clouds. After a while Boudreaux hears a loud noise and Thibodaux come crashing down. So, Boudreaux, he walks over and find Thib laying on da ground all cut-up.

Boudreaux asks " Thib, what happen? "

Thibodaux say " mais, Boudreaux I was going up in dat helicopter dere and it get cold, so I turn off da fan!

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One day Boudreaux and Thibodaux were watching TV. A good commercial about a movie came on and it said, "Coming To A Theatre Near You." Boudreaux looked at Thibodaux and said, "Thib how they know where we live?"

## Shrimp and Corn Soup

Makes a couple of gallons

6	cups	whole kernel corn
4	lbs	small shrimp, peeled (or chop leftover)
2	cups	butter
2	cups	flour
3	cup	chopped onions
2	cup	chopped celery
1	cup	chopped green bell pepper
1/2	cup	minced garlic
2	cups	tomatoes, seeded and diced
2	cups	tomato sauce
5	qts	shellfish or chicken stock
2	cup	heavy cream or half-and-half
1/2	cup	fresh parsley, chopped

- In a large stockpot, melt butter; add corn, onions, celery, bell peppers, and garlic; sauté about 5 minutes until vegetables are wilted.
  - Add flour; cook while stirring a few minutes. Don't brown the roux.
  - Add tomatoes, tomato sauce and stock, slowly, into the roux to prevent lumping. Stir as you add until it is all blended in. Bring to a boil.



- Reduce to a simmer; add cream and shrimp. Cook for about 20 minutes at a low simmer. Add



parsley, salt, and pepper to taste.

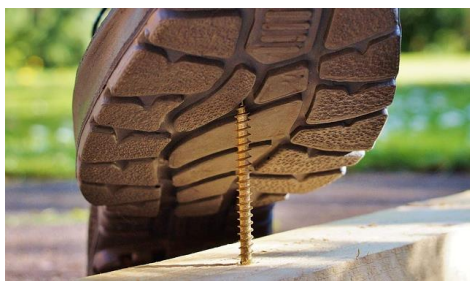
### “It Was a Matter of Time”

We’ve all heard someone say “it was a matter of time” when something unfortunate happens:

“I knew it was a matter of time before Tom got into an accident. He is always texting and driving.” When discussing an injury after the fact, we often learn that others were aware of the risk, and that it could have been prevented.

### Seeing Co-workers Taking Risks

When someone says “it was a



matter of time” when referring to a person getting hurt on the job, usually the risks that person was taking had been going on for a while. We can say that ensuring those around us work safe is not our job, but it **does** affect us, and we should want to see our team mates go home safe and healthy.

### Unaddressed Work Area Hazards

Sometimes we say it was a “matter of time” when speaking of a hazard in a work area, and not individual behavior. These can be hazards that are not addressed by anyone including management, team members, or a location supervisor.

In these cases, **everyone** in that work area is exposed to the risk and can be injured. In a perfect world, we all take all hazards seriously and do what is possible to eliminate them. The world is not perfect.

### Action We Should Take

If we see co-workers taking unnecessary risk:

- Speak up. Realize that **it is your problem** when someone else at work is taking risks. Even if you are not injured someone else may be.
- Talk to your co-worker about it. Let them know that there is time to do the task the right way and that an injury not only affects them, but also affects their family and coworkers.
- Get a supervisor involved. Involve the right people to get an issue fixed. Use available report systems.

When dealing with existing hazards:

- Work with a team to eliminate or mitigate hazards. If your direct supervisor does not take your concerns seriously, take it up to the next level.
- Take any action you can to mitigate hazards you are exposed to. Let others know that the hazard exists, and what can be done to avoid exposure to it.



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## Summary

Taking action to correct a situation before an injury occurs is not always easy. But we all have families and should want to see others go home healthy. Hopefully, knowing that an injury affects everyone can change your mindset from “it is not my problem” to **“it is my problem and I need to speak up”**.

