



A Twice-Monthly Newsletter for our Team. November 1, 2022

Thanksgiving Day is a good day to recommit our energies to giving thanks and just giving.

Amy Grant

If you wish to make an apple pie truly from scratch you must first invent the universe.

Carl Sagan

If you think about a Thanksgiving dinner, it's really like making a large chicken.

Ina Garten

I suppose I will die never knowing what pumpkin pie tastes like when you have room for it.

Robert Brault

Some people are always grumbling because roses have thorns; I am thankful that thorns have roses.

Alphonse Karr

Thanksgiving is almost here, and we wanted to take a moment to give thanks for all of you who have been with us this difficult and trying year: wildfires, hurricanes, and of course, COVID.

We've all had to deal with the challenge of keeping our focus on the good things in our lives even as we struggle with the things that no other generation has ever faced. It has been an extraordinary year.

To those of you who have stayed with us through thick and thin, we want to say thank you! Your commitment, efforts, teamwork are something that we admire and never take for granted.

Thanks to all of you for being the best part of the SONOCO team!



For those of you who aren't sure what we normally expect for a Thanksgiving menu, the menu below is here for your reference. Please know that this is the minimum expected standard; you are welcome to change items or add, but not to reduce the number of offerings on this special holiday menu.

And remember, you are welcome to submit an entirely original menu and we'll print cards for the table with your original menu.



Potato, Kale & Sausage Chowder

SONOCO Thanksgiving Menu

Roast Turkey
Baked Honey Ham

Mashed Potatoes & Giblet Gravy
Cornbread Dressing
Black-eyed Peas

Green Bean Casserole
Roasted Garlic Asparagus
Candied Yams

Hot Dinner Rolls
Cranberry Sauce

Deviled Eggs
Assorted Salads
Cheese & Cracker Tray

Apple, Pumpkin & Pecan Pies
German Chocolate Cake
Assorted Fresh Fruit



Serves about 15 or so

- 2 bunch kale, picked, wash & drain
- 3 lbs red potatoes, quarter & sliced
- 1 large onion, diced about 1/4"
- 2 Tbsp minced garlic
- 2 lbs Italian sausage, remove from casing
- 1/2 tsp red pepper flakes
- 6 cups chicken broth or stock
- 2 cups milk
- 2 cups half and half
- 1/2 tsp dried oregano
- Salt and pepper to taste

- In stockpot, crumble sausage, cook until no longer pink and add onions and garlic
- Cook until onions / garlic are wilted
- Drain fat, add oregano and chicken stock; simmer about 15 minutes
- Add the potatoes and cook another 15 minutes or until they are becoming tender
- Add remaining ingredients and simmer (low) another 10 minutes or so. The kale should be tender but still hold together, and the potatoes should be completely cooked.
- Adjust seasonings as needed, to taste.
- Remove and transfer to a soup kettle or steamtable pan for serving.

Notes: for a "chunkier" chowder, you can add any leftover kernel corn or a can of drained corn.



Spinach Madeline

Finally, a recipe that will get them to eat spinach. This will make 1 half pan (shallow).

- 3 lbs spinach, thawed spinach, chopped
- 1 cup evaporated milk
- 2/3 cup butter
- 1/3 cup flour
- 1 cup onion, diced small
- 2 Tbsp garlic, fresh, minced
- 2 cups Swiss cheese, diced
- 1 cup Velveeta, cubed
- 2 Tbsp Worcestershire sauce
- 2 tsp red pepper flakes
- 1/2 tsp cayenne pepper
- 1 ½ cups crumble topping (see recipe)

- Heat spinach through in a saucepan and drain.
- Sauté onion and garlic in butter until wilted.
- Add flour and make a blonde roux, cook 1 min.
- Add the milk and incorporate until smooth.
- Add cheese and seasonings, blend until heated.
- Add spinach and cook about 5 minutes.
- Transfer to a prepared half pan (shallow)
- Top with Crumble Topping and Bake until it is golden brown.

Crumble Topping

- 1 cup Italian breadcrumbs
- 1/2 cup margarine
- Melt the oleo and add breadcrumbs.
- Cook until the crumbs absorb the margarine and the mixture is crumbly.
- Remove from heat and use in recipes as directed.

Sweet Potato Casserole

This will make about 20 portions (2" half pan)

- 1 stick butter, melted
- 3 ½ lbs sweet potatoes, Peeled & cubed
- 1 cup milk
- 1/2 cup brown sugar
- 2 tsp vanilla extract
- 1/2 tsp salt
- 4 each eggs

- Boil the sweet potatoes; drain
- Combine remaining ingredients in a bowl; blend together by hand until thoroughly mixed
- Transfer to a half pan prepped with food spray

Topping:

- 1 cup flour
- 1 cup brown sugar (packed)
- 1 stick butter, melted
- 1/2 tsp salt
- 1 ½ cup pecans, chopped

- In bowl, combine everything but the pecans; blend together until it clumps together. Stir in the pecans.
- Sprinkle the topping evenly over the filling in pan.

Bake at 350 F until center is set – about 30 minutes





Parmesan Smashed Taters

Makes about 15 servings (half pan)

5	lbs	red potatoes w/skin
2	tsp	salt
3	cups	half-and-half
½	lb	margarine
1	cup	sour cream
1	cup	parmesan cheese
1	tsp	ground black pepper
1/2	cup	margarine or butter

- Boil the potatoes – skin on – in salted water until tender.
- Remove and drain potatoes.
- In a saucepan, heat salt, oleo and half-and-half (or cream if you don't have half-and-half)
- In mixer with paddle, break up potatoes on low speed, then add the hot liquid. Mix until blended in.
- Fold in the sour cream and cheese and remove from mixer.
- By hand, fold in the 1/2 cup of margarine and the pepper.
- Transfer to a serving pan.

If potatoes are too thick, add hot cream, butter or milk.

Child Safety Protection Month



Use safety gates. Even before your baby crawls, install safety gates. Hardware mounted gates should be installed at the top and bottom of the stairs.

Prepare for bedtime: Remove all soft, fluffy, and loose bedding from baby's sleep area. This includes pillows, blankets, quilts, bumper pads, sleep positioners, sheepskins, stuffed toys, and other soft products.

Be mindful of plants. Choose decorative plants that are nontoxic. Common household plants can often cause serious sickness.

Keep things tidy. Storage bins are a great way to store toys and baby stuff, preventing trips and falls.

Install doorknob covers to keep little hands from opening doors.

Lock it up. Put locks on anything that can open.

Be cautious of choking hazards. Be vigilant about coins, marbles, keys, jewelry, paper clips, water bottle tops, safety pins, hard and round foods, Audit your home.

Check out your furniture. Secure large furniture to the wall. Place TVs, VCRs and stereo systems on lower furniture, as far back as possible.

Hot water: Set hot water heaters no higher than 120 degrees F. A lower water temperature reduces the chance of scald burns. Munchkin's White-Hot Super Safety Bath Ducky can help you manage the temperature of water in your children's baths.

SAFETY TIPS...

- Wear safety shoes. ALWAYS.
- Mop floors frequently to remove grease and oil build-up.
- Keep floor DRY. Put out WET FLOOR signs before mopping.
- Keep stoves, grease traps, and hoods clean of grease.
- Use only dry oven mitts to handle hot pots or pans. Wet mitts can cause steam burns.
- Two people should move large containers with HOT coffee, soup or water. Warn others before moving the containers.
- Turn the handles of cooking pots away from the edge of the stove to prevent from being hit or knocked off the stove.
- Never leave open oven doors unattended.
- Never place cooking utensils on the floor.
- Turn off ovens, stoves, and steamtable when not in use.
- De-energize equipment before cleaning.
- Keep trash cans in low traffic areas.
- Never leave the deep fat fryer unattended while in use.
- Never turn on the fryer if it is not filled with oil, or with water for boiling out.
- Use care in stocking your shelves. Push items back from edge of shelves to ensure they don't fall out upon opening cabinet door.
- Communicate with your co-workers if you are behind someone or coming around a blind corner. This is important, as someone may be handling hot- or sharp – items.
- Announce when you're walking with hot or sharp items.

Boston Cream "Pie"

This is really a cake, split and filled with cream and topped with chocolate frosting. Easy to make and easier to eat. Yield: three 9-inch pies

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|---|------|---|
| 1 | box | yellow cake mix |
| 6 | cups | prepared vanilla pudding, chilled |
| 3 | cups | Satiny Chocolate Poured Icing
(recipe next page) |

- Prep 3 pie tins with shortening and flour.
- Prepare the cake mix according to the directions.
- Scale the batter into each pie tin, about 2/3 full.
- Bake at 350 F until set, about 20 minutes or so.
- Remove the cakes, let cool about 10 minutes in the pan, then turn out of the pan.
- Let cool completely and split the layers as shown.
- Portion 1/3 of the pudding into each bottom layer.
- Put on the top layer
- Frost or ice with the chocolate topping, then slice to serve.

Variations:

- Use a standard chocolate frosting
- Use a Chocolate Cake instead of Yellow
- Make with chocolate or banana pudding.
- Or cupcakes!





The Best Carrot Cake. Period.

Try to find a better carrot cake. We don't think you can, because this is the ultimate. It's a lot of ingredients but dead easy to make. Use the Cream Cheese Frosting or make your own.

Yield: 3 each 9-inch layers, or a shallow sheet cake
1/2 pan

1 1/2	cups	pecans, chopped
1	Tbsp	butter, melted
	Pinch	salt
2 1/2	cups	flour
2	tsp	baking soda
1 1/2	tsp	cinnamon
1/2	tsp	ground nutmeg
1/4	tsp	ground cloves
1/2	tsp	salt
1/2	cup	butter, softened
1	cup	granulated sugar
1	cup	brown sugar, (packed)
1/2	cup	veg oil
3	each	eggs
3/4	cup	buttermilk
2	tsp	vanilla flavoring
1	tsp	lemon juice
3	cups	carrots, grated
1	cup	fresh apple, peeled, grated
1	cup	flaked coconut

- Prepare the pans with parchment or grease well and flour.
- In a bowl, toss the pecans in melted butter with pinch of salt. Transfer to a sheet pan and toast in the oven until fragrant. Set aside.
- In another bowl, combine flour, soda, spices, and salt. Set aside.
- Cream the butter and both sugars until fluffy.
- Add oil and blend; then add eggs, one at a time until just blended.
- Begin adding flour and buttermilk in alternating batches, start with and end with the flour. Scrape the bowl between additions.
- Fold in the vanilla, carrots, and coconut until blended, then add the apples and pecans.
- After folding in all ingredients, scale into the prepared pans.
- Bake at 350 F for about 28 minutes but check at 24 for doneness.
- Cool **completely** before frosting.



Satiny Chocolate Poured Icing

Yield: about 2 cups

1 1/2	cups	chocolate chips
3	Tbsp	butter
1	Tbsp	corn syrup
1/2	tsp	vanilla flavoring

- Set up a double boiler with a bowl on top.
- Bring to temperature below boiling but hot.
- Combine everything but the vanilla, cook until chocolate is melted, stirring frequently.
- Add vanilla, stir in well, and remove icing from the heat.
- Use immediately.



Turkey & Sausage Gumbo

4	Lb	Fryers, Cut
1	Lb	Smoked sausage slices
2	Each	Onion, diced
1	Each	Bell Pepper, diced
4	Each	Celery, Chopped
1/4	Cup	Minced Garlic
1	Cup	Green Onion
1 1/2	Cup	Roux, medium
1 1/2	Tbsp	Chicken Base
2	tsp	Garlic Powder
1	tsp	Cayenne
3	Quarts	Chicken Stock

- Put chicken in stockpot on low heat and cook to make a stock. When chicken is tender, cool and debone. Refrigerate both.
- The next day, pull stock, skim fat and discard. Heat stock on stove at low.
- In a large skillet, heat roux and add the onion; sauté until tender, then add the celery, bell pepper and garlic.
- Cook until softened and add to the stock. Blend well.
- In same skillet, brown sausage. Discard the grease; add sausage to pot.
- Add seasonings and simmer about half an hour.
- Add chicken and cook until it is very tender and falling apart.
- Adjust seasonings as needed, then add green onions.
- Remove and serve.

Dad's Leftover Turkey Pot Pie

Makes 1 shallow half pan.

2	cups	frozen peas & carrots (or leftovers)
2	cups	frozen green beans (or leftovers)
1	cup	celery, sliced
1	cup	onion, diced
3/4	cup	flour
3/4	cup	margarine or butter
1	tsp	salt
1	tsp	black pepper
1/2	tsp	Italian seasoning
2	cups	chicken broth (stock)
1	cup	milk
4	cups	leftover turkey meat, diced or shredded
2	sheet	puff pastry dough, thawed but cool

- Place vegetables into a saucepan; cover with water, bring to a boil, and simmer over medium-low heat until the celery is tender. Drain and set aside.
- Make a blonde roux with flour and oleo. Whisk in chicken broth and milk. Cook until thickened.
- Remove from heat, fold in turkey and vegetables.
- Lay a sheet of puff pastry in bottom of the half pan.
- Fill pan with the turkey vegetable mixture.
- Lay 2nd sheet of puff pastry on top. Wet the edges so the dough will adhere to itself. Trim the edges.
- Bake at 350 F until pastry is golden brown.



Safety: Is That MY Job!??

Safety is the responsibility of everyone. When I say, "everyone", I refer to all of us in an organization, from executives to those of us on the front line.

Working through the ranks of an offshore company for 35 years, I have worked with those who behaved safely and those who did not. At times I've seen coworkers pass the responsibility for safety on to others.

One powerful exception was when I saw an individual taking personal responsibility for workplace safety. We decided to give safety jackets to every employee as a reward for working 12 months or longer without a recordable accident.

The jacket company had taken measurements for all but one person. When it was his turn, he declined! We asked, "Why are you turning this down? You earned it!" His simple, but profound, reply was, "It's sad that they have to give us a reward for taking responsibility for our personal safety."

He continued, "All the reward I want is to go home every day the same way I came, without injury! I don't need a reward to be safe."

WOW! What a light bulb moment. What a revelation for me. Oh, the jacket? Yeah, I still have mine. In classic behavioral safety models, the jacket is an incentive to encourage workers to think and act safely.

The point is that each of us should take personal responsibility for our safety as a normal part of our professional workplace behavior. Taking personal responsibility for safety affects everyone's safety.

Yes, management has a legal responsibility to ensure a safe workplace for all. But we all have a responsibility to do everything we can to assure safety for ourselves, our co-workers, and our customers. Our daily decisions affect overall safety for "everyone". That's me and you.

Boudreaux & Thibodeaux

The phone rang at the State Police office the other day, and the desk sergeant answered to hear an obviously intoxicated Boudreaux saying, "Somebody done broke into my car an' stole everyting ! Dey done took de dashboard, de steering wheel, de brake pedal, and even de accelerator. Send somebody, quick." Before the sergeant had a chance to dispatch a Trooper, the phone rang again. It was Boudreaux. He says, "Never y'all mind, Mr. Trooper, I had got in de back seat by mistake."

Boudreaux and Thibodeaux were once again spending Saturday night at the City Bar, and after several hours of steady drinking, Thibodeaux suddenly fell backwards off of the barstool and onto the floor, passed out cold. Boudreaux looks at Thib, looks up at the bartender, and remarks, "Dat's what I like about Thibodeaux. He knows when he done had enough to drink."

Boudreaux is back at his favorite hangout, the City Bar, and really looking down in the dumps. The bartender asks him what the problem is. Boudreaux tells him, "Well, me an' Marie, we had a big fight, an' she tol' me she wasn't goin' to talk to me for a month." The barkeep says, "Well, Boudreaux, dat should make you happy." Boudreaux says, "Yeh, I been happy, but de month is over today !"

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 !"

