

# SHOP TALK



A Twice-Monthly Newsletter for our Team. February 21, 2023

“There is no other place on Earth even remotely like New Orleans. Don’t even try to compare it to anywhere else.”

—Anthony Bourdain

“There are a lot of places I like, but I like New Orleans better.”

—Bob Dylan

“An American has not seen the United States until he has seen Mardi Gras in New Orleans.”

—Mark Twain



February is  
**AMERICAN HEART MONTH**

This month is National Heart Health Month. Check in this issue for information on what we can do to minimize heart disease, and to help ourselves if we have a family history of cardiovascular disease.

Everywhere else, it’s just  
Tuesday

## IN THIS ISSUE:

- More on Go Green
- Hazard Communication (HazCom)
- Heart Health
- Go Green Recipes

# Taking Care of Our Hearts, Together

#OurHearts  
are healthier together

Heart disease is the leading cause of death in the United States, causing one in four deaths each year. But there's a lot you can do to live a heart-healthy life—and connecting with others can make your efforts even more successful.



Studies show that if you join forces with people at home or online, you have a better chance of staying motivated. Best of all, you don't have to make big changes all at once. Small steps can get you where you want to go. Gather your friends and family and make a commitment to your heart health, together.

## Here's How to Start:

### Move more

Get at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises at least 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 5, 10, or 15 minutes a few times a day. Some physical activity is better than none.

### Be active, together:

Get creative. Invite a colleague to keep you on track. Text each other a reminder to go for a walk or take an online exercise class together. Grab your kids and do jumping jacks, shoot some hoops, or dance. People with friends or family who support their efforts to be physically active are more likely to be successful, studies show.



### Eat healthy foods

A healthy diet that is low in sodium and saturated fat is key to heart disease prevention. Try the highly rated Dietary Approaches to Stop Hypertension (DASH) eating plan. It recommends:

- Eating vegetables, fruits, and whole grains
- Eating fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products
- Limiting foods that are high in saturated fat and sodium
- Limiting sugar and other sweeteners.

Find heart-healthy DASH recipes at:  
[healthyeating.nhlbi.nih.gov](http://healthyeating.nhlbi.nih.gov)

### Eat healthy, together:

When you get fast food, ask for a salad instead of fries, and don't get the "deluxe" sandwich. Start your meal with a salad or appetizer of veggies so you'll have something healthy first. Studies suggest that we tend to eat like our friends and family. Your healthy choices may inspire those around you.



NIH National Heart, Lung,  
and Blood Institute



hearttruth.gov



# Taking Care of Our Hearts, Together

#OurHearts  
are healthier together

**Heart disease is the leading cause of death in the United States, causing one in four deaths each year. But there's a lot you can do to live a heart-healthy life—and connecting with others can make your efforts even more successful.**



Studies show that if you join forces with people at home or online, you have a better chance of staying motivated. Best of all, you don't have to make big changes all at once. Small steps can get you where you want to go. Gather your friends and family and make a commitment to your heart health, together.

## Here's How to Start:

### Move more

Get at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises at least 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 5, 10, or 15 minutes a few times a day. Some physical activity is better than none.

### Be active, together:

Get creative. Invite a colleague to keep you on track. Text each other a reminder to go for a walk or take an online exercise class together. Grab your kids and do jumping jacks, shoot some hoops, or dance. People with friends or family who support their efforts to be physically active are more likely to be successful, studies show.



### Eat healthy foods

A healthy diet that is low in sodium and saturated fat is key to heart disease prevention. Try the highly rated Dietary Approaches to Stop Hypertension (DASH) eating plan. It recommends:

- Eating vegetables, fruits, and whole grains
- Eating fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products
- Limiting foods that are high in saturated fat and sodium
- Limiting sugar and other sweeteners.

Find heart-healthy DASH recipes at:  
[healthyeating.nhlbi.nih.gov](http://healthyeating.nhlbi.nih.gov)

### Eat healthy, together:

When you get fast food, ask for a salad instead of fries, and don't get the "deluxe" sandwich. Start your meal with a salad or appetizer of veggies so you'll have something healthy first. Studies suggest that we tend to eat like our friends and family. Your healthy choices may inspire those around you.



NIH National Heart, Lung, and Blood Institute



hearttruth.gov



We begin with the most popular Mardi Gras treat: King Cake. The dough much like a cinnamon roll dough; It is finished off with icing and fancy colored sprinkles.

#### The Dough (makes 1 King Cake)

2 Tbsp yeast  
 2 cups milk, warmed to about 105 to 110 F  
 4 each eggs, (cold – straight from reach-in)  
 1 cup granulated sugar  
 2 tsp salt  
 9 cups flour  
 1/3 cup ground cinnamon  
 2 cups brown sugar, packed (light or dark)  
 3/4 cup oleo, softened and creamed in mixer

- In mixer, put milk, granulated sugar, and yeast. Mix to just wet the yeast. Stop, and let proof until it foams.
- Add eggs, flour, and salt. Mix on low until dough forms.
- Increase mixer speed and knead the dough to develop. When it begins to clean the bowl, remove it.
- Put in a large bowl, cover with PVC film, and let rise until double, at least 1 hour.
- Remove, punch down, round up and let it rest 10 minutes.
- Mix cinnamon and brown sugar together.

- Sheet out dough about 18 x 40 inches.
- Spread oleo over the dough except 2 inches from the edge away from you (image A).
- Sprinkle sugar mixture evenly over the buttered area of the dough ONLY (image A).
- Roll up the dough into a log, as evenly as you can and as tightly as possible without tearing the dough (image B).
- Moisten the unbuttered end of the log with water to help bind the dough (Image C).
- Pinch to hold it together; roll it seam side down (image D).
- Transfer the log to a pan with parchment paper.
- Arrange the dough in an oval or a rectangle (image F).
- Optionally, you can use scissors or a knife (scissors are easier) to slash the outer edge of the dough as shown in image G. Don't go too far into the dough.
- Let proof about 40 minutes, until nearly doubled in size.
- Bake at 375 F for 30 to 35 minutes.
- Remove and allow to cool before applying icing and sugar.
- Pour the icing down the center of each cake and let it flow over the sides.
- Immediately sprinkle the colored sugar on the cakes. If you wait, the sprinkles won't stick to the icing.

#### The King Cake Icing

2 cups powdered sugar  
 1 tsp vanilla flavoring  
 3 Tbsp water

- Mix ingredients together, adding water slowly until you achieve a thick, but pourable icing.



# Salmon Croquettes

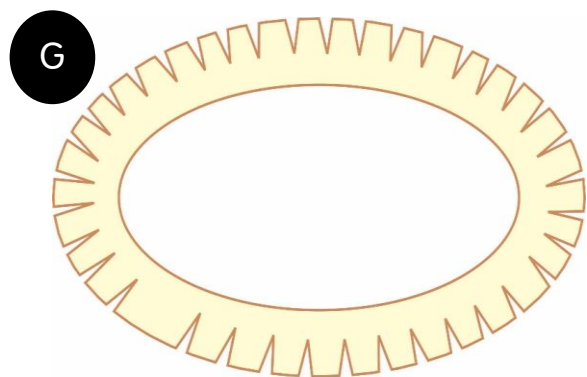
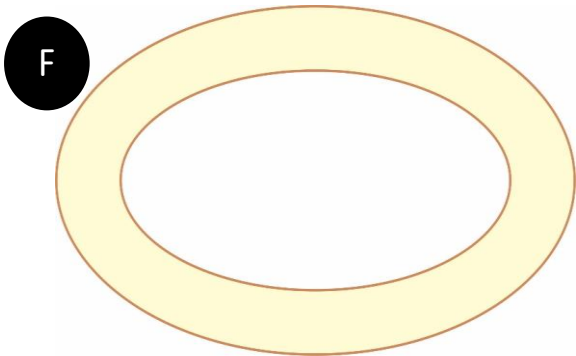
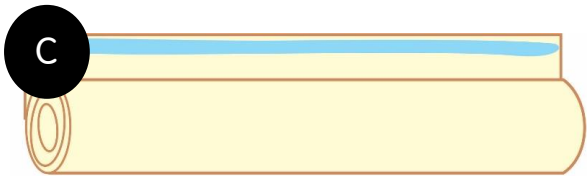
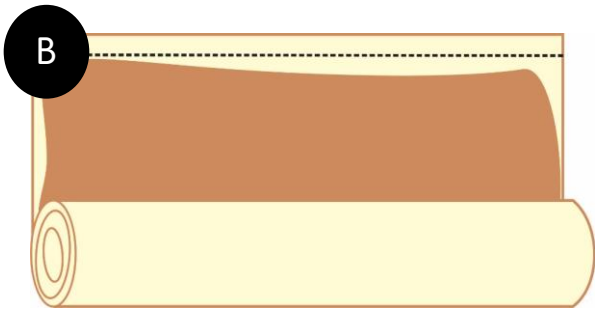
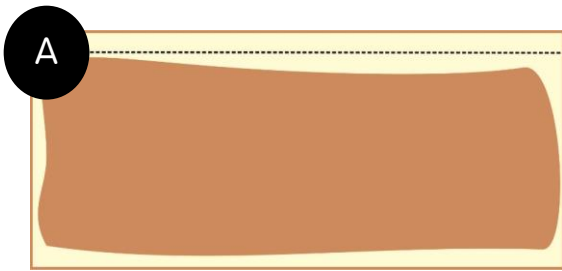
Great for Lent, but you might find it's good year-round. Makes about 12

1	pound	salmon, grilled or canned
1/4	cup	onion, minced
3	each	egg, beaten
1 1/2	cups	breadcrumbs or crackers
1/2	tsp	salt
1/2	tsp	cayenne
1/2	tsp	garlic powder

- Flake the fish with a fork
- Combine all ingredients. Don't overwork
- Form 12 patties and place on sheet pan with parchment liner
- Place in cooler about an hour before cooking
- Fry at 350F until golden brown
- Drain, place in line pan to serve
- Garnish with chopped parsley and a twist of lemon.
- Serve with cocktail or dipping sauce

## Variation: Seafood Boulettes

Add a pound of peeled shrimp, 1/2 cup each of onion and bell pepper and increase breadcrumbs to 2 cups. Make into balls instead of patties, then freeze for about an hour. Deep fry and serve.





# HAZARD COMMUNICATIONS

Hazard communication, also known as HazCom, is a set of processes and procedures that employers and importers must implement in the workplace to effectively communicate hazards associated with chemicals during handling, shipping, and any form of exposure. Here's what you need to know about hazard communication, including regulations, Safety Data Sheets (SDS), and label requirements.

## Safety Data Sheets and Hazard Communication

Safety data sheets must provide comprehensive information about substances and mixtures used in workplaces. They are an information source about hazards and include safety precautions. They also assist employers in developing active programs for worker protection measures and training that are specific to the workplace and in considering the necessary measures for protecting the environment.

## HazCom Label Requirements

The HCS requires chemical manufacturers, importers, and distributors to label each container of hazardous chemicals leaving the workplace. These labels must include a product identifier, signal word, hazard statement(s), precautionary statement(s), and pictogram(s) in addition to the name, address, and telephone number of the chemical manufacturer, importer, or other responsible party.

One of the most significant changes to HazCom labels after alignment with the GHS is the pictograms OSHA adopted to improve worker safety and health. The pictograms themselves are graphic symbols that communicate specific information about chemical hazards. To be compliant, the pictogram must include a red square frame set at a point with a black hazard symbol on a white background that is wide enough to be clearly visible. Please note, square red frames set at a point must contain a hazard symbol to be permitted on the label; without the hazard symbol, the graphic cannot be considered a compliant pictogram.

## A Definition of Hazard Communication

When employees work with chemicals, they face a number of health hazards, including irritation, and physical hazards, such as flammability and corrosion. OSHA requires manufacturers and importers to evaluate the hazards of the chemicals with which they deal and pass along that information through labels and safety data sheets. Similarly, any employer with hazardous chemicals in the workplace must design and institute a written hazard communication program, which includes labeling all containers, giving all employees access to safety data sheets, and conducting a training program for all employees who could be exposed to the hazards. OSHA's Hazard Communication Standard (HCS) specifies how to communicate information about the hazards and how to take protective measures.

The HCS ensures employees have the right to know the chemicals to which they are exposed in the workplace and their hazards. Employees not only must have access to the information, but they also must participate in employers' training programs and know how to actively and effectively protect themselves. The Hazard Communication Standard also informs employers about designing and implementing effective protective programs for employees who could be



exposed to hazardous chemicals. OSHA's overall goal is to reduce the number of chemical source illnesses and injuries in workplaces across the nation.

**2002**  
United Nations formally endorsed GHS

**2012**  
OSHA revises their hazard communication Standard to align with GHS

**2013**  
Employees must be trained on GHS Requirements for hazcom by December 1st

# What is GHS?

**Globally Harmonized System of Classification and Labeling of Chemicals** – an initiative to improve employee safety by standardizing: chemical labels, Safety Data Sheets and pictograms.

In the US, chemicals are a **\$450 Billion Business**

**43 Million Workers** are affected by chemical hazards

**585** Number of injuries and illness the revised GHS standard will prevent annually

**43** Expected number of fatalities prevented per year With the new GHS standard

## GHS Hazard Pictograms

**IDENTIFY** hazards found in chemicals

**CLASSIFY** hazards

Visually **WARN** employees

### GHS Label Elements

### MSDS is now SDS (Safety Data Sheet)

Standardized information on:

- Composition
- Handling
- Potential Dangers

## What You Need to Know

- Understand GHS **pictograms & labels**
- How to **navigate** the **SDS**
- Recognize** hazards
- How to **protect** yourself from hazards



## HONEY GARLIC PORK CHOPS

12	each	pork chops
3/4	cup	lemon juice
3/4	cup	honey
6	Tbsp	soy sauce
6	each	garlic cloves, minced fine

- In a skillet or on the grill, cook chops in a little oil until just done – about 5 minutes per side – to a temperature of 145 F internally.
- Remove and transfer to a shallow half pan
- In the skillet, add remaining ingredients and bring to a quick boil and reduce heat immediately to a simmer.
- Simmer for about 4 minutes, stirring occasionally.
- Remove from heat and pour over the chops.

### VARIATION:

Slice fresh mushrooms somewhat thick, and saute' after cooking the chops. Remove, place with the chops and proceed with making the sauce. Pour sauce over the chops and mushrooms.

# LAME FOOD JOKES

Smoking will kill you... Bacon will kill you...  
But, smoking bacon will cure it.

Just burned 2,000 calories. That's the last  
time I leave brownies in the oven while I nap.

Entered what I ate today into my new fitness  
app and it just sent an ambulance to my  
house.

The dinner I was cooking for my family was  
going to be a surprise but the fire trucks  
ruined it.

I eat my tacos over a Tortilla. That way when  
stuff falls out, BOOM, another taco!

I ordered a chicken and an egg from Amazon.  
I'll let you know.

"No, thanks. I'm a vegetarian." is a fun thing  
to say when someone hands you their baby.

Never ask a woman who is eating ice cream  
straight from the carton how she's doing.

Subway is definitely the healthiest fast food  
available because they make you get out of  
the car.

Just asked my wife what she's "burning up for  
dinner" and it turned out to be all of my  
personal belongings.

## Boudreaux and Thibodeaux got fired

They go to the unemployment office and  
Boudreaux goes in first. The man behind the  
desk says "Mr. Boudreaux, I'm sorry to hear  
that you lost your job. What did you do for a  
living?" Boudreaux replies "I'm a diesel  
fitter." The clerk says, "Okay, diesel fitter is  
skilled labor, so we can give you \$800 a  
week until you find a new job."

Thibodeaux goes in next, and the clerk asks  
what his job was. "I'm a panty-waist sewer, I  
sew de waistbands in dem women's  
panties." The clerk says "Well, I'm afraid  
that's unskilled labor, so we can't give you  
but \$200 a week."

As they're walking home, Thibodeaux says "I  
got to find a new job quick, me. I can't feed  
all dem kids on \$200 a week." Boudreaux  
says, "Baw, I'll help you out, I'm getting \$800  
a week, me!"

Thibodeaux runs back to the unemployment  
office, furious. "How in da hell you givin  
Boudreaux \$800 a week an' I ain't getting  
but \$200?" The clerk replies, "Well, Mr.  
Boudreaux is a skilled laborer. He's a diesel  
fitter."

Thibodeaux says, "That ain't no skilled labor.  
I sew de waistband in dem panties, I hand  
'em to Boudreaux and he pulls 'em down  
over his head and says 'Aw yeah, diesel  
fitter.'"



Sontheimer Offshore/catering Co.