



SHOP TALK

A Twice-Monthly Newsletter for our Team. October 1, 2023

"The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things."

Ronald Reagan

"Leadership is unlocking people's potential to become better."

Bill Bradley

"If you think you are leading and turn around to see no one following you, then you are just taking a walk."

John C. Maxwell

"Becoming a leader is synonymous with becoming yourself. It is precisely that simple and it is also that difficult."

Warren G. Bennis

"You cannot be a leader, and ask other people to follow you, unless you know how to follow, too."

Sam Rayburn

No matter who you are or where you live, breast cancer may touch your life. It's necessary to understand the warning signs of breast cancer, your risk of breast cancer and what's normal for you so you can act if there are any changes in your breasts or underarm areas.

Since 1989, Susan G. Komen has helped drive down mortality rates from breast cancer thanks to their focus on early detection and improvements in treatment. However, that progress may be in jeopardy. During the COVID-19 pandemic, many people delayed their regular breast cancer screening. The pandemic disrupted treatment and research progress.



**OCTOBER
BREAST
CANCER
AWARENESS
MONTH**

This Is What Those Best-By, Sell-By, and Use-By Dates Really Mean

You know what it's like: You scored big savings buying your favorite Greek yogurt in bulk but ended up not finishing it before the expiration date. Now you're stuck tossing the unused yogurt out in fear that eating it won't be safe or of good quality anymore.

Kind of makes you re-think the whole idea of budget-friendly sales that require a bulk order, huh?

There are three distinct types of date terms that provide recommendations for how much longer you can consume a product, and surprisingly (and luckily!), you can actually extend many of these dates a bit further, depending on the item.

Expiration dates on packages are actually more related to an item's quality and freshness rather than safety and whether consuming it will be harmful to your health. The only exception for this rule is infant formula, which should not be used past the expiration date and must be tossed.

Here's what the three terms — "best-by," "sell-by," and "use by," — really mean in terms of expiration.

Best-by Dates

Per the USDA, the best-by date indicates when a food product will have the best flavor or quality.

"Best-by dates are recommendations for enjoying the food product when quality is at its peak, meaning the flavor and texture will be optimal when consumed within and by these dates," says Kelly Jones MS, RD, CSSD, LDN.

"Fresh foods that can spoil, such as bagged lettuces and poultry will typically display 'best-by' or 'use by' dates," Jones says. While nutritional quality may decline if you extend the shelf life, these kinds of foods do remain safe to eat.

"Best-by" dates are also common on canned foods, although they may actually be safe for years after as

long as the can isn't dented or compromised. "Foods like pasta, rice, and crackers have such low moisture that they also can last well past their dates, but may taste stale," Jones says.

A lot comes down to how the food is stored though.

"As long as the food is stored properly, it should be OK for weeks after the best-by date, but it's always a good idea to look at the food product for signs of mold and smell it to ensure it has not gone rancid," says [Ilyse Schapiro MS, RD, CDN](#).

Sell-by Dates

Sell-by dates are specific to the grocery store and how long they can have items on the shelves.

"These are foods that should be refrigerated or frozen once they get to your kitchen but are still safe to consume and should have good quality past the sell-by date," says Jones.

Sell-by dates may be more common on eggs, as some states require this kind of label, with the sell-by dates being a certain number of days after the eggs are laid and packaged to make sure stores are rotating inventory regularly.

"For poultry or ground meat, eating the food one to two days past the date should be ok, and for beef, three to five days after the date has passed," says Schapiro. Eggs will typically last three to five weeks past the sell-by date but if you're unsure if you're in the clear, look for signs of mold and/or odors that seem off or stinky.

Use-by Dates

Use-by dates represent the last day that the manufacturer recommends consuming the product for quality reasons.

"Like best-by dates, this can relate to taste, texture, and even appearance of a product, but these foods can still be considered safe to consume afterwards," Jones says. However, they may not retain flavor and texture of an item consumed by the use-by date.

Since it's the last day of a product's peak quality, you probably don't want to extend too far. "Depending on the product, I would consume it up until a week past this date and as always, smell and examine the product before consuming," Schapiro says.

How to Decide Whether to Eat or Toss a Food

There's no clear time frame for how long a particular food can last without spoiling.

"It's safe to say 'days' but not more than a week for most refrigerated produce, months to years for canned and dry goods in the pantry, and I would say to not go past the date in the fridge for meat/fish/poultry, but they can last three months with good quality and if properly stored in the freezer," Jones says. Dairy is typically fine to eat after a week from its date, if unopened.

Pasta and Grains

As long as the package isn't open, uncooked grains like pasta or rice, will be safe and of good quality to eat up to about two years after purchasing, since they are dry in texture. Yet, once cooked, eat within a few days, and store it in the fridge.

Canned Foods

Canned goods should be stored in a pantry at room temperature, away from sunlight, and any unopened canned goods that have a lot of acidity should be used within 18 months.

"So, canned meat and veggies can last for two to five years, but if you open a can of tomato sauce or sauerkraut, it can last five to seven days in the fridge," says Schapiro.

Canned gravies, soups, beans, and meats last three to four days in the fridge after they're opened. If your canned good is dented or swollen, throw it in the garbage. Check for damage, like dents on a can, as well as changes in appearance, like lumpy textures, bad odors, mold, and anything else that seems off-putting before taking a bite

How to Extend the Shelf Life of Foods

Dairy and Eggs

If stored properly, milk should last seven days after opening.

If properly stored, eggs should last for three to five weeks after the sell by date.

Poultry

Both Jones and Schapiro use the same hack with poultry: If you are not going to eat your poultry right away, put it in the freezer. "When you're ready to eat it, thaw it in the fridge, not the kitchen counter," says Schapiro.

Jones recommends freezing poultry before the "best-by" date if you're not going to use it for a while. Frozen raw poultry can last in the freezer for a year, and frozen cooked poultry will last in the freezer for four months. If you have leftover poultry in the fridge, it's best to consume within three to four days.

Produce

You can also extend the dates for consumption of fresh produce, like leafy greens, which often degrade in quality faster.

"In particular, antioxidants such as vitamin C diminish more easily over time, so I always recommend that lettuces and other packaged vegetables be stored with a paper towel in the package to absorb moisture and extend the life of the product," Jones says.

Storing unfinished produce, such as half an avocado or apple, in the fridge will extend its freshness.

"With avocado, I recommend my clients use the half that does not have the pit and save the half with the pit for storage," Schapiro says. "Storing an avocado with its pit in it helps keep it fresher and greener, and you can keep your avocado green by squeezing lemon juice on the half you're going to store and wrapping it in plastic wrap." Once cut, avocados last for one to two days.



When I was growing up, my parents always kept hot sauce in the refrigerator. I never once questioned their choices, even though I never liked putting chilled hot sauce on steaming food. So imagine my shock when I recently learned that my parents were doing hot sauce storage wrong for all of these years. It turns out that you do *not* need to refrigerate hot sauce after opening the bottle. That's right. You can safely store hot sauce in your pantry or cabinet at room temperature for literally years. That's because hot sauce is fairly shelf-stable due to its high vinegar and relatively high salt content, both of which prevent bacteria from growing.

There are, however, some good reasons to refrigerate your hot sauce, starting with appearance. For example, some hot sauces change color over time if they're not refrigerated, like Tabasco. According to the McIlhenny Company's instructions, refrigerating your hot sauce is the best way to prevent this color change. A darkened hue doesn't mean your bottle of Tabasco has spoiled; it's actually got a shelf life of five years. But if the color of your hot sauce is important to you, pop that bottle in the fridge.

The other reason to refrigerate your hot sauce is to preserve the long-term quality. Even if it's not technically spoiled, five-year-old hot sauce that you've kept on your kitchen shelf is going to taste its age. That's why many manufacturers,

including Frank's Red Hot, give "Best Enjoyed By" dates instead of expiration dates. "The date stamped on the shoulder or the bottom of the bottle is the date we recommend that you use the product by to assure the product's optimum flavor, freshness and consistent quality," they explain, adding, "The product will generally maintain good flavor quality for a few weeks after that date if refrigerated."

And some hot sauces have shorter shelf lives than others. The makers of Cholula hot sauce recommend that you use the bottle within six months of opening, while the makers of Tapatio give you about two years to use up an unrefrigerated bottle. So check the packaging of the bottle to figure out what's best for you and your hot sauce storage needs. And if you're in doubt, just start putting hot sauce on everything so you can use that bottle up as quickly as possible and don't have to worry about it spoiling.

Source: Allrecipes



What's the safest way to hand a knife to another person?

In the past, we would turn the knife so the blade is pointing to us, and the handle to the person we are giving the knife to. But that isn't truly safe for both parties.

Instead, place the knife on a table or counter, and then the other person can simply pick up the knife. This eliminates the possibility of a fumbled handoff, with the result that someone may become injured during the process.



Banana Nut Pancakes ●

Makes about 2 dozen 4-inch pancakes

3	cups	flour
1/4	cup	granulated sugar
2	Tbsp	baking powder
1	tsp	salt
2	each	over-ripe bananas, peeled
4	each	eggs
2 1/4	cups	milk, 2%
1	tsp	vanilla extract
3/4	cup	chopped pecans or walnuts
3/8	cup	butter, melted

- In a medium bowl, whisk together the flour, sugar, baking powder and salt.
- In a bowl, mash the banana until almost smooth.
- Whisk in eggs, milk and vanilla and whisk until well blended.
- Pour the banana mixture and melted butter into the flour mixture. Fold the batter gently until just blended. The batter will be thick and lumpy.
- Set the grill (griddle) to 350 F
- Drop the batter by 1/4-cupfuls onto the griddle, spacing the pancakes about 2 inches apart. Cook until a few holes form on top of each pancake and the underside is golden brown, about 2 minutes.
- Flip the pancakes and cook until the bottom is golden brown and the top is puffed.
- Transfer to a shallow steamtable pan.



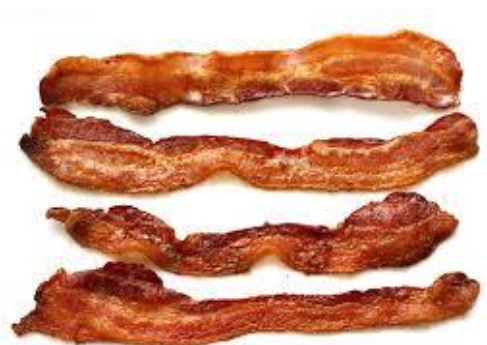
Ham & Cheese Quiche ●

1	each	pie crust, unbaked in a 9" pie tin
1	cup	milk
4	each	eggs, lightly beaten
1/4	tsp	salt
1/4	tsp	black pepper
3/4	cup	ham, diced
1	cup	cheese, shredded (cheddar or swiss)
1/4	cup	grated parmesan

- Set oven to 350F
- Spread cheeses loosely in pie crust.
- Spread ham on top of cheese.
- In a separate bowl, mix eggs, salt, pepper and milk.
- Pour on top of the cheese & ham.
- Bake about 40 minutes or so (may take longer).
- It will be done when the eggs are set and the top is a nice golden brown. If the crust browns quickly, you can either wrap with foil or reduce heat to 325 F.

Bacon & Cheese Quiche

You guessed it; use crispy bacon instead of ham. And so on and so forth, etc. etc. etc.





Big Easy Breakfast Casserole ●

- 6 slices bacon, cooked and crumbled
- 1 cup smoked sausage, diced small
- 1 each large bell pepper, diced
- 1 each medium onion, diced
- ¼ cup margarine, melted
- 6 each eggs
- 1 1/2 cups milk
- 3 cups croutons (bagged or house made)
- 2 cups shredded cheddar
- 1/2 cup grated parmesan
- ¼ cup green onions

- Prep a shallow half sized pan with food spray; dust with parmesan cheese.
- Sauté sausage, onion, and bell pepper in butter until onions brown, then set aside while preparing other ingredients.
- Place croutons in the bottom of the pan.
- In bowl, break eggs, add milk, parmesan cheese and blend.
- Add bacon, then sausage mixture to eggs, stir and add cheeses.
- Pour egg mixture into pan over the croutons.
- Bake at 325 for about 45 minutes. Remove, portion and garnish with green onions.



Sweet Potato Pancakes ●

- 1 lb. sweet potatoes, peeled, cubed
- 2 Cup flour
- 4 tsp baking powder
- 1 tsp salt
- ½ tsp nutmeg
- 2 each eggs, beaten
- 2 Cup milk
- ¼ Cup oleo, melted

- In a saucepan, boil the sweet potatoes until they are just tender; don't overcook or they'll be a wet mess.
- Mash the potatoes well and allow them to cool before making this recipe.
- Mix wet ingredients in a bowl. Mix dry in another. Combine the two and make a batter. Cook as a normal pancake batter.
- Transfer to a steamtable pan (a shallow one is best for displaying pancakes).
- These are fantastic with Steen's syrup, by the way. And you don't have to wait until breakfast to serve them. Try them as a side with ham steaks or pork roast.





Cinnamon Swirl Quick Bread ●

Makes 1 loaf pan (9 x 5 pan)

2	cups	flour
1 ½	cups	granulated sugar
1	tsp	baking soda
1	cup	buttermilk (homemade is best)
1	each	egg
1/4	cup	cooking oil
1/4	cup	ground cinnamon
1/2	cup	powdered sugar
1	Tbsp	milk or water

- Combine buttermilk, egg and oil. Blend, set aside.
- Combine flour 1 cup sugar, soda and salt. Blend.
- Add wet ingredients and stir until just blended; don't overmix, if batter is a bit lumpy, that's okay.
- Combine remaining sugar with cinnamon.
- Prep a loaf pan with food spray and flour.
- Pour in half the batter and sprinkle with half of the cinnamon sugar.
- Pour in remaining batter and top with the remaining cinnamon sugar.
- Run a knife through the batter to create swirls.
- Bake at 350 F about 45 minutes, or until a knife or toothpick inserted in center comes out clean.
- Remove from oven, allow to cool.
- Make glaze with milk/water and powdered sugar.
- Drizzle over the top of the cake, slice and serve.

Sausage & Tater Breakfast Casserole ●

Makes 1 each half size shallow steamtable pan

1	lb	green onion sausage
1	each	onion, diced about 1/4"
1	each	red bell pepper, diced about 1/4"
20	oz	potatoes, peeled, diced 1/4"
2	cups	shredded Cheddar cheese, divided
6	each	eggs
1/4	cup	milk
1/2	tsp	salt
1/2	tsp	black pepper

- Set oven to 375 F
- Remove sausage from casing, break up and brown in a skillet; chopping it into smaller pieces.
- Remove sausage from skillet, leaving the drippings. Drain the sausage, put in a bowl.
- Sauté the potatoes, onion and bell pepper until the onions and pepper are tender. The potatoes will not be fully cooked. That's okay.
- Add to the sausage in the bowl.
- In a bowl, blend eggs, milk, salt and pepper.
- Add to the sausage potato mixture and add 1 ½ cups of the cheese to the mixture.
- Place in a shallow steamtable pan prepped with food spray or oil.
- Top with the remaining cheese.
- Cover with foil and bake about 40 minutes.
- Remove foil and bake another 15 minutes
- Portion into 12 or 15 servings and place on line.





French Toast Casserole

Makes one half size shallow steamtable pan.

1 lb French bread, cut in 1 inch cubes
 8 each eggs, lightly beaten
 3 cups milk, 2%
 1 tsp vanilla extract
 1/2 tsp salt

2 Tbsp butter
 3 tbsp Granulated sugar
 1 Tbsp ground cinnamon

- Place the bread cubes in a half steamtable pan
- In a large bowl, blend eggs, milk, sugar, vanilla and salt. Pour over the bread cubes.
- Refrigerate overnight. Let stand 30 minutes before baking the next morning.
- Dot the top of the casserole with butter.
- Combine cinnamon and sugar, and sprinkle over the top of the bread mixture.
- Bake at 350 F until a knife inserted in the center comes out clean (about 45 minutes).
- Remove, score into 12 or 15 portions and place on the serving line.



Bacon Breakfast Pizza

Makes 1 half sheet pan of pizza

1 lb bread dough
 2 Tbsp olive oil
 8 each eggs
 2 Tbsp water
 8 ounces bacon, cooked and crumbled
 1 cup mozzarella cheese
 1 cup cheddar cheese

- Preheat oven to 400 F
- Roll out and press dough into a half sheet pan prepped with food spray.
- Brush the top with olive oil.
- Prick the dough with a fork to create lots of holes (this prevents the dough from bubbling up).
- Combine eggs and water (this makes them fluffy)
- Cook the scrambled eggs slightly soft but not runny. Spoon over the top of the dough.
- Sprinkle eggs with bacon and cheeses.
- Bake until the dough is cooked and the cheese is fully melted (about 8-10 minutes)
- Remove, portion into serving pieces (4 x 5)
- Place on serving line.