

SHOP TALK

A Twice-Monthly Newsletter for our Team. September 15, 2024

"Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others."

—Jack Welch

"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 an action, not a position."

—Donald McGannon

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

—Bill Bradley

"You manage things; you lead people."

—Grace Murray Hopper



SELF-CARE AWARENESS MONTH

Self-Care Awareness Month is celebrated in September to promote healthy routines, self-care, and stress management. It's a time to focus on all aspects of wellness, including physical, mental, emotional, spiritual, social, and intellectual health.

This month focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel! Research has shown self-care helps manage stress and promotes happiness.

Inside this edition you'll find tips to promote personal wellness through self-care. We hope you find them helpful. And as always, your feedback is invited!



How can I take care of my mental health?

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. This can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are some self-care tips:

- **Get regular exercise.** Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being—for some, decreasing caffeine and alcohol consumption can be helpful.
- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.

- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you're taking on too much. Try to appreciate what you have accomplished at the end of the day.
- **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.
- **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.
- **Stay connected.** Reach out to friends or family members who can provide emotional support and practical help.

Self-care is different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you.

Learn more about [healthy practices for your mind and body](#).

When should I seek professional help?

Seek professional help if you are experiencing severe or distressing symptoms that have lasted 2 weeks or more, such as:

- Difficulty sleeping
- Changes in appetite or unplanned weight changes
- Difficulty getting out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Inability to complete usual tasks and activities
- Feelings of irritability, frustration, or restlessness

How can I find help?

If you have concerns about your mental health, talk to a primary care provider. They can refer you to a qualified mental health professional, such as a psychologist, psychiatrist, or clinical social worker, who can help you figure out the next steps. Find [tips for talking with a health care provider](#) about your mental health.



BEST EVER BURGER

Popping with flavor, this burger will wow our customers! Makes about 14 giant burgers.

- 5 lbs ground beef
- 2 each large onion, finely diced
- 1 ½ cups Cheddar cheese, shredded
- 3 each eggs
- 3 pack Lipton Onion Soup Mix
- 2 Tbsp garlic, minced
- 2 Tbsp soy sauce
- 2 Tbsp Worcestershire sauce
- 1 tbsp dried parsley
- 1 Tbsp dried basil
- 1 Tbsp dried oregano
- 1/2 Tbsp black pepper

- Blend together the dry spices and set aside.
- In a large bowl, break up the ground beef.
- Add all ingredients to the ground beef and mix together well without overworking the beef. If overworked, the patties will be tough.
- Shape into 6 ounce patties and be sure to put a dimple in the middle of each one so they don't turn out like meatballs.
- Cook on an oiled, hot pit, or a griddle.
- C'est bon!

One of the most important tricks for a truly great grilled burger? Putting a dimple in the middle of the patty before you start cooking. You can spend as much time as you want shaping the perfect patty, but if you skip this step you'll be left with puffed-up, domed burgers, not nice and flat as you intended.



As the burger cooks, the heat shrinks the outside while steam and juices make the center swell. The dimple counteracts this effect by anticipating the puffing and preventing the burger from becoming thicker in the middle. This can also make it easier to add toppings.

OTHER THOUGHTS:

- This burger is even better with grilled onions and – wait for it – bacon!
- And, you can substitute turkey for some or all of the beef.



GRILLED PINEAPPLE CHICKEN

A little sweet, a little tart and a lot delicious, this simple chicken dish serves about 12.

- 12 each chicken breast, slightly flattened
- 2 cans sliced pineapples, with juice
- 1 ½ cups pineapple juice (in addition to cans)
- ¾ cup soy sauce, low sodium if you have it
- ½ cup brown sugar
- ¼ cup ketchup
- ¼ cup jalapenos (pickled, jar)
- ¼ cup juice from the jalapeno pepper jar
- ¾ tsp ground ginger
- 2 Tbsp cornstarch
- 1 cup chopped scallions (green onions)

- Combine pineapple juice, soy, ketchup, brown sugar, jalapenos and juice, and ginger.
- Set aside 2 cups of the marinade. Place the rest in a bag and add chicken. Close tightly.
- Marinate for at least 8 hours, remove and allow to stand half an hour before grilling.
- Grill chicken breasts until they are fully cooked (juices run clear, 165 F temp).
- Grill the pineapple slices until you have nice grill marks on each side.
- Serve with rice pilaf, yellow rice, or even as a burger on a toasted bun! (a great alternative on fast food day or for steak night).



BANG BANG CHICKEN

A take on the popular Bang Bang Shrimp, this is full of flavor – and easy to make. Serves 16-20.

- 1 ½ cups milk
- 5 each eggs
- 5 lbs diced chicken thigh meat
- 1 ¼ cups cornstarch
- 1 ¼ cups flour
- 1 Tbsp salt
- 1 ½ tsp black pepper
- ½ tsp cayenne
- 1 ½ cups mayonnaise
- 7 oz honey
- 1 cup Thai sweet chili sauce
- 1 ½ Tbsp Sriracha sauce

- Blend milk and egg. Add chicken and soak for 15 minutes. Discard the liquid.
- Combine cornstarch, flour and dry spices in a bowl. Dredge the chicken through the mix.
- Deep fry chicken at 350 F for about 1 minute.
- Remove and drain in single layer.
- REFRY the chicken until fully cooked, just a couple of minutes. Remove and drain.
- In large bowl, combine mayo, honey, chili sauce and Sriracha in a bowl and mix well.
- Toss the chicken in the sauce to coat well.
- Serve with rice.

PROSTATE CANCER AWARENESS MONTH



September is dedicated to raising awareness about prostate health and cancer. All month long, National Prostate Cancer Awareness Month strives to bring education, information, support, and awareness to the second-leading cancer among men.

About 1 man in 41 will die of prostate cancer. Prostate cancer can be a serious disease, but most men diagnosed with prostate cancer do not die from it. In fact, more than 2.9 million men in the United States who have been diagnosed with prostate cancer at some point are still alive today.

Like most health concerns, a healthy lifestyle is the first step toward prevention. Prostate health is no different. Fruits, vegetables, whole grains, lean proteins, controlled portions, and regular exercise all contribute to improving and maintaining prostate health.

While there's no way to completely prevent prostate cancer, some lifestyle changes may help lower your risk. These include:

- **Maintaining a healthy weight**

Obesity may increase the risk of developing more aggressive prostate cancer. If you're overweight or obese, you can try reducing your calorie intake and increasing your exercise. If you're already at a healthy

weight, you can try exercising most days of the week and eating a healthy diet.

- **Eating a healthy diet**

Choose a variety of fruits, vegetables, and whole grains, and eat healthy foods instead of supplements. A multivitamin probably isn't necessary if you're already eating a healthy diet. You should also ask your doctor about herbal supplements, as some may interfere with treatment.

- **Exercising regularly**

Exercise can help you maintain a healthy weight, reduce inflammation, and improve your immune system. Studies have shown that men who exercise may have a reduced risk of prostate cancer.

- **Quitting smoking**

Smoking can increase your risk of cancer, so if you smoke, you should try to quit.

- **Drinking in moderation**

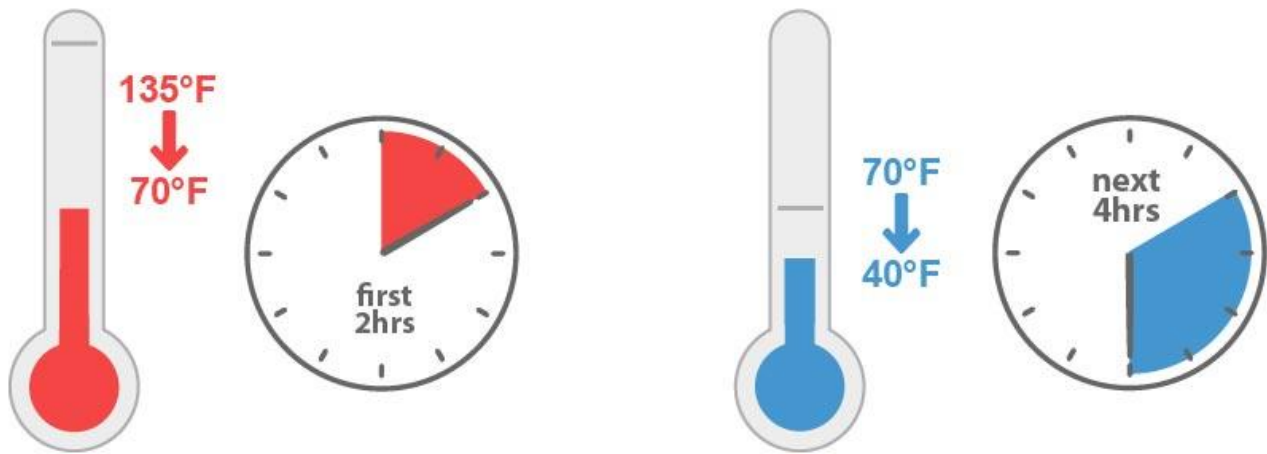
If you drink alcohol, do so in moderation.

- **Manage Stress:** Chronic stress may weaken the immune system and contribute to overall health problems. Practice stress-reduction techniques such as meditation, yoga, or hobbies that help you relax.

- **Stay Informed:** Stay updated on the latest research and recommendations regarding prostate cancer prevention. Awareness and knowledge can empower you to make informed decisions about your health.

Remember, while these tips may help reduce the risk of prostate cancer, they are not guarantees. It's essential to work closely with your healthcare provider to develop a personalized plan based on your individual health needs and risk factors.

FOOD SAFETY - TWO STAGE COOLING



Food must be first cooled from 135°F to 70°F within 2 hours
Food must then be cooled to 41°F or lower within the next 4 hours
FDA Food Code §3-501.14 Cooling

Food safety is paramount in every kitchen, whether at home or in a professional setting. Proper cooking and chilling techniques are crucial to prevent foodborne illnesses caused by bacteria such as Salmonella, E. coli, and Listeria. This document outlines essential practices for cooking and chilling food to ensure it remains safe for consumption.

Chilling Guidelines

1. Refrigeration

Time Limit: Refrigerate perishable foods within 2 hours (1 hour if the temperature is above 90°F).

Storage: Use shallow containers to promote rapid, even cooling.

Temperature: Keep refrigerator at 40°F or below and freezer at 0°F or below.

2. Leftovers

Labeling: Clearly label leftovers with the date they were stored and use within recommended times.

3. Thawing

Refrigerator: Thaw frozen foods in the refrigerator.

Cold Water: Submerge sealed packages in cold water, changing water every 30 minutes.

Microwave: Use microwave's defrost setting and cook immediately after thawing.

By following these cooking and chilling guidelines, you can significantly reduce the risk of foodborne illness and ensure the safety of the food you prepare. Remember, proper handling, cooking to recommended temperatures, and prompt chilling of foods are essential practices for maintaining food safety standards. Incorporating these practices into your daily routine will help protect your family, customers, and yourself from foodborne illnesses.

References:

- *USDA Food Safety and Inspection Service (FSIS)*
- *Centers for Disease Control & Prevention (CDC)*



CHICKEN PESTO SOUP

Five ingredients. Tons of flavor. Makes 2 gallons.

- 4 lbs diced chicken thigh meat
- 5 quart chicken broth (stock)
- 6 cups fresh spinach, tightly packed
- 1 cup pesto
- Salt and pepper to taste as needed

Combine the thigh meat, broth and pesto in a stockpot. Bring to a quick boil, then reduce to a simmer for about 15 minutes.

Remove from the heat.

Add in the spinach leaves and stir a bit.

Season with salt and pepper to taste.

Transfer to a soup kettle or steamtable pan for serving.

Serve with croutons and Parmesan cheese on the side.



REFRESHING PEAR "SALAD"

Pear salad is Exhibit A that perhaps Southerners do not know what the word "salad" means. I was born in the South. I've lived here my entire life. But ladies and gentlemen, pear salad is not a salad. However, it is delightful.

Pear salad is remarkable not only for its loose status as a salad, but also for its genius-level simplicity. Though variations exist, a classic Southern pear salad consists of the following, in this order, on a plate:

1. A leaf or leaves of lettuce, be it iceberg or plain Jane romaine
2. A lone pear half, and a canned one at that—pale, cored, still glistening from the can
3. A dollop of Southern manna—that would be mayonnaise—spooned into the cored pear
4. Exactly one half of one alarmingly red maraschino cherry
5. A haphazard sprinkle of only the finest shredded Cheddar cheese

Place them on a tray and keep cold for serving.



LO MEIN NOODLES

Serves about 8

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| 1 | lb | spaghetti noodles |
| 1/3 | cup | low sodium soy sauce (or regular) |
| 1/3 | cup | teriyaki sauce |
| 1/4 | cup | honey |
| 1/2 | tsp | ground ginger |
| 1/4 | cup | vegetable oil (cooking oil, not olive) |
| 5 | each | celery stalk cut as large matchsticks |
| 4 | each | carrots, cut into large matchsticks |
| 1 | each | medium onion, cut very thinly |
| 4 | each | green onions (scallions), sliced |

- Cook pasta al dente, drain, then rinse to cool.
- Drain again while continuing prep.
- Combine soy, teriyaki, ginger and honey in a bowl and whip together to blend well.
- In a large skillet, heat oil then cook carrots, onions and celery on high heat until just tender, about 6-8 minutes.
- Add the noodles and the soy sauce mixture.
- Cook, stirring frequently, until the mixture is heated well throughout.
- Remove from heat and transfer to a steamtable pan for serving.
- Garnish with the sliced green onions



My wife doesn't have a food thermometer; we have a smoke alarm.

I learned to cook in self-defense.

My wife can't cook at all. She made chocolate mousse. An antler got stuck in my throat.

My wife is a lousy cook. I mean, how can toast have bones?

My wife can't cook at all. She gave my kid alphabet soup. He spelled out help.

She's the worst cook in the world. I don't think that meatloaf should glow in the dark.

She's such a lousy cook. I bought a pressure cooker and now I eat off the ceiling.

My wife's such a bad cook, if we leave dental floss in the kitchen the roaches hang themselves.

My wife's cooking is so bad, the dog begs for Alka-Seltzer.

