



Caribbean Delights



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MESSAGE FROM THE COO



Sabrina HoSang

Welcome to our newsletter! As you will see, we have been very busy with our community service and philanthropic work over the holiday season. Most importantly, our ongoing efforts to assist Haiti has become even more crucial as we are saddened to hear that Haiti was hit by an earthquake this month. As you saw in our last newsletter, I went on a mission trip to Haiti in August last year. Now more than ever, they are desperately in need of medical and financial assistance. Since 2007, Caribbean Food Delights, Royal Caribbean Bakery and JerkQ'zine Caribbean Grille have been collecting donations annually for Haiti. We are working with an organization in Haiti called Voice of the Children of Haiti and also the Jamaica Consulate. If you have anything you want to donate, please drop them off at our bakery located at 620 South Fulton Ave in NY or our plant in Tappan, NY. Please see list of items needed below. Donations are accepted throughout the year. Thank you in advance for your contribution!

Items Needed:

Toothpaste, toothbrushes, soaps, hand sanitizers, lotions, combs, brushes, baby wipes, disinfectant wipes, sanitary napkins, deodorants, diapers, baby formulas, razors, cleaning supplies, sponges, summer clothes for adults, children and babies, shoes, sneakers, Band Aids, Gauze (all sizes), rubbing alcohol, Tylenol, Motrin, Aleve, Aspirin, Bacitracin ointment, Peroxide, paper towels, Imodium AD, powdered milk and non-perishable food items.

The World Food Awards

Caribbean Food Delights' entire line of Jamaican patties was nominated for the "Best New Product of the Year" Award presented by the prestigious World Food Association in England.

The company's patties qualified for the prize after their successful entry into the UK market and were one of only three products that were finalists.

"It was very flattering that we were nominated," said Tim Conway, CFD's Director of Sales. "We realize that there are hundreds of products introduced every year to the European Union and the UK, and to be selected as one of the top three best new products is very gratifying.

"When I heard that we were nominated for Best New Product in the UK, I was so excited and happy because we put so much work into producing a higher quality product that tastes delicious," said Sabrina HoSang, CFD's Chief Operating Officer. "I felt our efforts paid off."

Mr. Vincent HoSang, CEO/President, concurs, "It's a reward for all the hard work that's put into making such a quality product and our marketing efforts."

The patties were prominently featured in video presentations during the World Food Awards gala, an Academy Awards-like event that took place in London to recognize the best operators in the world food sector in the United Kingdom and Europe.

"We were asked to produce a two-minute video on our company to be

shown at the Awards gala," said Ms. HoSang. "It was an honor to let the world know about our success story and the service we do for our community and the less fortunate."

The gala was the annual centerpiece of Europe's ethnic food industry and was produced by Sony Entertainment to be telecast worldwide to 100 million viewers.

CFD's line of Jamaican patties includes mild and spicy beef, chicken and vegetable. The nomination was remarkable considering they were only introduced in the UK in March 2008.

"We are thrilled by the recognition in such a short period of time, considering we do not have a national distribution there," Conway said. He added that the nomination has fueled "plans for expansion."

"The nomination gives Caribbean people a reason to be proud because their product is being widely accepted in the crossover market," said Mr. HoSang. "In fact, the product that won the prize was a Caribbean sauce."



Jeanette, Vincent and Sabrina HoSang at the World Food Awards in London

Chapel Donation In Memory of Brian HoSang



Chapel donated

The new 18 million dollar (US \$200,000) Mount Beatitude Chapel was officially opened recently, on November 8, 2009 at the Mount Tabor Iron River community in Golden Spring, St. Andrew, Jamaica.

The Project was spearheaded by founder Father Richard HoLung of Missionaries for the Poor in collaboration with the Vincent HoSang Family Foundation from New York which provided the funding. An additional

\$30,000 was made to the Vincent HoSang Family Foundation by Caribbean Food Delights who instead of having their annual Christmas party this year put the Christmas party money towards this project.

The chapel was dedicated in memory of Brian V. HoSang, son of Vincent and Jeanette HoSang who died tragically in an accident about a year ago.

Father HoLung thanked all those who were responsible for making the project possible including the Mafood family, Monica Coolsartigue and the National Housing Trust which all combined to provide the approximately 49 acres of land for the project.

The next major project for completion by Missionaries for the Poor according to Father HoLung is "Holy Innocence," located at East Race Course which when complete will provide relief for 200 mothers and 200 babies, in addition help is being sought to

assist prisoners and deportees.

Sabrina HoSang, Chief Operating Officer of Caribbean Food Delights said the HoSang Family Foundation was started in 2002 and has been contributing to education, health care and sports in Jamaica and the Diaspora. The foundation has granted scholarships to the University of the West Indies and has procured a mobile medical/dental clinic for the less fortunate in Jamaica. It has also been supplementing the nutritional needs of Jamaica's student athletes attending the annual Penn Relays in Philadelphia for over 15 years.



The HoSangs with Brother Vicente.

'Tis the Season to be Giving

As each year comes to an end, we usually reflect on all that has happened in the year and make resolutions for the New Year. During the holiday seasons, Royal Caribbean Bakery and Caribbean Food Delights always remembers those who are less fortunate and give back to the community that has supported them over the years. Recently, Caribbean Food Delights donated 3000 cases of patties (150,000 patties) to the Food Bank, Salvation Army, soup kitchens, churches, and organizations that feed the less fortunate. Their efforts are especially important this year as the downturn of the economy has drastically affected many people.

Their donations were not limited to patties. During Thanksgiving, the Vincent HoSang Family Foundation donated 100 turkeys to the City of Mount Vernon, allowing more people than ever before to be fed in the city's annual Thanksgiving food drive.

Food pantries, soup kitchens, churches and other charitable organizations benefitted from the donation, which was made personally by Vincent HoSang, president and CEO of the foundation as well as Caribbean Food Delights and Royal Caribbean Bakery.

"Those who are able should always try to help the less fortunate," said Mr. HoSang, who admitted Mount Vernon played a key

role in the growth of the two companies. "It was where we opened our fourth plant and the people there supported us, so it gives us a wonderful feeling to give back and support their food drive," Mr. HoSang said.

The donation was solicited by Mount Vernon's Mayor, Clinton Young, Jr., who said, "Each year, my administration aims to make sure that on Thanksgiving, no family goes without a Turkey and it is thanks to generous community members like Mr. HoSang and his wonderful family that this year we were able to distribute more turkeys than ever before to food pantries, soup kitchens, churches, senior citizens and veterans."



Mr. and Mrs. HoSang

Mayor Young also wrote a personal letter to Mr. HoSang expressing his gratitude. The turkeys weighed about 12 pounds each and their delivery was not only timely, but thankfully on time. Inclement weather on the day of distribution delayed other donations. Without the turkeys, Mount Vernon officials would've been empty handed at the hour the giveaway was to start.

Mr. HoSang said he was delighted to donate the turkeys, even though he processes Caribbean food. "The turkeys are part of a wonderful tradition," he said.

Although it was the first time the foundation donated to the Mount Vernon drive, through the years it has supported similar initiatives in areas nearby its headquarters in Tappan, N.Y. The foundation's ties to Mount Vernon go back 25 years to when a plant was opened there. Its success paved the way for the plant in Tappan, which is the country's largest manufacturer of Caribbean foods. Mr. HoSang's wife, Jeanette, operates a small retail store, JerkQ'zine, at the Mount Vernon site where they had a Customer Appreciation Week offering 92-cent patties during the week of December 14. "That is one of the many ways we give back to our customers who support us over the years and to show our appreciation," said Mrs. HoSang. "The support we receive from our customers allows us to help those who are less fortunate."

Company Holiday Parties

Royal Caribbean Bakery and Caribbean Food Delights' decided not to have their annual holiday party at the Surf Club in 2009. Instead, the companies used the cost of the party and put it towards the chapel that was donated to Missionaries of the Poor founded by Father Richard Ho Lung.

They also had a smaller holiday party at each company location where employee awards and prizes were given out, including gifts from employees who participated in a Secret Santa game.



Ranilio Constantino received CFD's Positive Attitude Award



Vincent, Sabrina, and Simone HoSang with Caribbean Food Delights' managers and employees



German Figueroa receiving RCB's Positive Attitude Award



Rene Sanchez, recipient of CFD's Employee of the Year Award



David Miller receiving CFD's Best Attendance Award



Conrado Virafuentes receiving RCB's Employee of the Year Award



Cernel Barnes receiving RCB's Best Attendance Award



Sabrina HoSang with RCB's managers and employees

Food For Thought

Cheese makes all the difference! In our October 2007 newsletter, we showed you how to make garlic bread using our Royal Caribbean Bakery hard dough bread. Now you can make it into cheesy garlic bread by simply adding shredded mozzarella cheese on top. Place prepared garlic bread in a toaster oven and bake for 5-10 minutes at 400 degrees or until the cheese melts. Sprinkle parmesan

cheese on top. Enjoy with your favorite tomato sauce!



Cheesy Garlic Bread

HoSangs' Fox 5 New York Debut

On December 2, 2009, the HoSangs were featured on Fox 5 Good Day Café making gizzadas with Reid Lamberty. On Christmas morning, HoSang sisters, Sabrina and Simone made a carrot cake with Reid Lamberty at Royal Caribbean Bakery in Mt. Vernon, NY. Both segments can be viewed on Caribbean Food Delights' website or on www.myfoxny.com under Good Day Café.



The HoSang family making gizzadas with Reid Lamberty

Ocular Health Advice

Have you ever felt as if you had sand or grit in your eyes? Or do your eyes feel tired at the end of the day, especially after long hours on the computer? This is likely due to dry eyes.

Dry eyes is one of the most common complaints I get in my office. This complaint is most common during the winter months. Here in the northeast as the thermometer drops, so does the moisture in the air, which can lead to dry eyes. As you get out of the cold and into your warm, toasty, artificially heated offices or homes your eyes will dry out even more.

One major concern of patients who suffer from dry eyes is the red appearance of their eyes. The reason for this is because the eyes are irritated. Normally the eye is bathed in moisture

and nutrients, better known as tears. With every blink a fresh batch of tears is distributed to the eye. Without a sufficient amount of tears, the ocular tissues are exposed to the elements and become inflamed and irritated.

People who are predisposed to dry eyes are menopausal and post-menopausal women, contact lens wearers, people who have vitamin A deficiency, people who suffer from Sjogren syndrome, long term use of antihistamines, and use of certain glaucoma eye drops.

Treatment for dry eyes depends on the severity. The majority of dry eye treatment starts with the use of artificial tears. Artificial tears are sold over the counter and come in many different brands. More natural ways to cure your dry eyes are through environmental modifications. Here are

a few suggestions: using a humidifier at night can moisturize the air in your bedroom, eating a diet rich in omega-3 fatty acids which are found in fish, and adding flax seed to your diet,

If you feel you may have Dry Eye Syndrome consult your local ophthalmologist.



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Find us on the web:
www.caribbeanfooddelights.com
www.royalcaribbeanbakery.com
www.jerkazine.com

An advertisement for Jerkazine. The background is a tropical beach scene with blue water, white clouds, and palm trees. In the center, there is a circular logo with a bird flying around it. The logo contains the text "HOME OF THE BEST QUALITY IS OUR MOTO" and "Royal Caribbean Bakery Caribbean Food Delights". Above the logo, the text "The Real Taste of the Caribbean is captured in every bite!" is written in red. Below the logo, the text "A Vacation from Ordinary Food" is written in small letters. At the bottom, the word "JERKAZINE" is written in large, stylized letters with a yellow outline and a purple shadow. The word "Caribbean Grill" is written in small letters below "JERKAZINE".