

Caribbean Delights



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Carib News Salutes Mrs. HoSang at Their 27th Annual Mother of the Year Recognition Program

May 10, 2012, Mrs. Jeanette HoSang, CEO of Royal Caribbean Bakery and VP of Caribbean Food Delights, was honored by Carib News at their 27th

Annual Mother of the Year Recognition Program Award ceremony held at Negril Village restaurant in New York City. The award recognized mothers who are also business leaders. Mrs. HoSang was accompanied by her daughters, Sabrina and Simone, who introduced her.

From the words of her daughter, Sabrina, Mrs. HoSang is a woman of great esteem, beautiful, smart, intelligent, shy, likes to dance, has a memory of an elephant, excellent chef, baker, nurse, business owner and home maker. She is like stainless steel, her husband's favorite metal because of its strength, durability and high quality.

Among the other women recognized were Sheryl-Lee Ralph, Flossie Salmon, Shirley Shillingford, Dr. Michena Brooks, Verona Greenland, and Linda Jefferson.

Sheryl-Lee Ralph read from her autobiographical book, *Redefining Diva: Life Lessons from the Original Dreamgirl*, as well as offered a book signing at the end of the evening. DIVA in her book as she has redefined it, is an acronym for Divine, Inspired and Inspiring, Victorious and Anointed.

Each mother was given a gift basket filled with beauty supplies from Maizani, \$100 Macy's card, two tickets to see the off-Broadway musical, *Sistas* and a spa certificate to Sphatika.



Herman LaMont, Consul General of Jamaica; Faye Rodney; Patricia Chin, Founder of VP Records; Sabrina HoSang; Jeanette HoSang; Simone HoSang; Dr. Karl Rodney; George Hulse, VP, External Affairs of Healthfirst



Verona Greenland, Dr. Michena Brooks, Shirley Shillingford, Sheryl-Lee Ralph, Jeanette HoSang, Linda Jefferson

Mayor Davis Inaugural Ball January 14, 2012



Photo by Joseph Parisi, Editor/Publisher of The Mount Vernon Inquirer Newspaper

Mayor Davis of Mount Vernon, NY (left), Sabrina HoSang and Vincent HoSang of Caribbean Food Delights.

Jamaica College Old Boys' Association Awards Sabrina for Her Leadership in the Community



Ruel B. Reid, Principal - Jamaica College; Hon. R. Danvers Williams; Sabrina HoSang; Wayne Andrew Seaton, Wells Fargo Securities; Kwame Senu Neville Dawes, Consul General Herman LaMont, Raymond Osbourne Wolfe.

First Presbyterian Church Recognizes Sabrina HoSang During Women's History Month

On March 17, 2012, Sabrina HoSang was honored at the Women's Day Prayer Breakfast by the Media Mission & the Women's Society of the First Presbyterian Church in Mount Vernon, New York for her many years of tireless work, leadership, generosity and vision to the community. Jennifer Lumley, who is a member of the church, invited Ms. HoSang to be recognized and also to say a few words to the men, women and young people who were in attendance. Mrs. Lumley said that Sabrina touched and inspired everyone with her words of empowerment.

Their theme was "Transforming the Soul of the City Through Women Leaders and Men Who Love and Respect Their Dignity."

As photographed from left to right, Jennifer Lumley stands with the women who were recognized; Mrs. Marleen Dandridge, first African-American Female President - Mount Vernon Board of Education; Ms. Sabrina HoSang; Miss Iris Campbell, former educator, Lifetime FPC member; Mrs. Alice Knuckles, Former Nurse, Lifetime FPC member; Mrs. Bernice Cosey-Pulley, Civil Rights Activist, Ecumenical Living Legend (not pictured).



HoSangs Support Team JA Bickle & Student Athletes

**Prime Minister Lords
Caribbean Food Delights CEO**
By Derrick Scott, Washington DC



Photo by Derrick Scott
Prime Minister, the Hon. Portia Simpson Miller (center), expresses appreciation to CEO of Caribbean Food Delight, Vincent HoSang and CEO of Team Jamaica Bickle, Irwin Clare for the support given to our Jamaican athletes attending the annual Penn Relays in Philadelphia. while at a reception held in her honor at the prestigious Pyramid Club in downtown Philadelphia on Friday, April 27, 2012. At left is Jamaica's new Consul General to New York, Mr. Herman Lamont

Food Delights, Vincent HoSang and CEO of Team Jamaica Bickle, Irwin Clare for their outstanding support and contributions to the Jamaican athletes, who represent the country at the annual Penn Relays in Philadelphia.

Addressing over 200 members of the Philadelphia business community at a reception given in her honor at the upscale Pyramid Club in downtown Philadelphia, April 27, 2012, "The contributions of your organizations in providing support of meals, transportation, lodging, medical services among others to our athletes on a yearly basis, are worthy of the highest commendation. On behalf of my government, the athletes and people of Jamaica, I want to commend you both," said the Prime Minister.

Mrs. Simpson Miller noted that because of the support and assistance given by these two organizations, the athletes can perform at their highest levels since they can relax and not worry about transportation, lodging,

meals or medical services. "I am confident that our athletes who are participating in the Penn Relays over the weekend will do Jamaica proud. I am even more certain that they will perform creditably at this years' upcoming summer Olympics in London."

The Prime Minister was accompanied by Minister of Tourism, Wykeham McNeil, Jamaica's Consul General to New York, Mr. Herman G LaMont and Special Advisor to the Prime Minister, Delano Franklyn.



Irwin Clare, Sabrina & Vincent HoSang stand with athletes who received Royal Caribbean Bakery reusable shopping totes.

Prim Minister The Most Honorary Portia Simpson Miller has paid tribute to CEO of Caribbean



Vincent & Sabrina HoSang presenting Irwin Clare (right) \$10k check to Team Jamaica Bickle



Students receive Caribbean Food Delights duffle bags



Sabrina HoSang with some of the athletes

Vincent HoSang Speaks at Lehman College



Mr. HoSang gives a speech about business and his success to students at Lehman College.

On March 22, 2012, Mr. HoSang was invited to Lehman College of the City University of New York by Mario DellaPina, VP for Institutional Advancement, to give a lecture to some business students and faculty about his experience in business and being an entrepreneur. The students and faculty learned valuable lessons and gained necessary information they needed for their careers. Dr. Gary Schwartz, Interim Associate Dean of Academic Affairs, MacAulay Honors College, CUNY, introduced Mr. HoSang and his daughter, Sabrina. A number of students said they skipped other classes just to be able to speak with Mr. HoSang. The lecture was well attended and lunch was provided for the students and faculty.



Photo courtesy of Gloria Chin-Fatt, All Islands Association Siblings, Damian and Simone HoSang present Khimya Lowe with VHFF scholarship check at All Islands Association Scholarship Luncheon.

Caribbean Food Delights Promotes a Healthy Staff

Rockland Alliance for Health Partners with CFD

By Melanie Shefchik, MA, CHES



Melanie Shefchik from the Rockland County Department of Health presenting the award to Sabrina HoSang, COO and Beverley Osborne, HR Manager of CFD.

The Rockland Alliance for Health recognizes Caribbean Food Delights for working to create a healthier Rockland at the "Creating Healthy Places to Live, Work, and Play" Recognition Event Luncheon on March 20, 2012. Other companies and organizations were also recognized at the event.

With the support of Rockland Alliance for Health (RAH), Caribbean Food Delights have been



Zumba Instructor Vanessa Borromeo teaching CFD Zumba class

making their workplace a healthier place by adding more water dispensers, exercise equipment, fitness classes, giving out free reusable water bottles, educating their employees on healthy eating and exercise, partnering with Nyack Hospital to host a blood pressure screening for their employees and creating a walking path around their building.

During the holidays, they participated in the 8-week Lose to Win Program provided by Nyack Hospital of which 10 employees joined and as a group had lost 34 pounds. The Lose to Win Program provides information about nutrition, exercise, and living a healthier lifestyle. Caribbean Food Delights continues to invest in their employees' health by providing support group sessions weekly for those that participated in Lose to Win and adding more fitness classes such as Zumba, Pilates, belly dancing, and hip hop classes. They also plan to host their own blood pressure screening every two months and start a walking

program to encourage their employees to be more active. This was all made possible through a grant of over \$6,000 that they received from RAH.



Blood pressure screening with reps from Nyack Hospital



Pat Parke and the nutritionist with Lose to Win group



Zumba Instructor Vanessa & the CFD Zumba group

Food For Thought: DIY (Do-It-Yourself) Iced Green Tea

Yields: 4-12 oz. servings

Ingredients:

- 6 green tea bags or 6 teaspoons of green tea leaves
- 4 cups hot water (180°F)
- 1/2 cup honey, agave or stevia to taste (optional)
- 2 cups cold water

Directions:

Boil water, let cool approximately 30 seconds. Steep tea for 3 minutes. Remove tea bags or leaves. If you choose to sweeten your tea, now is the time to add your choice of sweetener. When honey is dissolved, add 2 cups of cold water. Pour brewed tea into a serving pitcher. Refrigerate until thoroughly chilled.

Variations: Add 1/2 large lemon, sliced into 1/4-inch slices or 2 tbsp of lemon juice. Use blueberry, raspberry or other flavor infused teas in place of green tea.

Tips: To make it faster, steep tea in 2 cups of hot water. Add 4 cups of ice water. Be careful if you are using a glass pitcher, adding the cold or ice water to the hot tea may cause the pitcher to break or crack.

Walking Path Ribbon Cutting



CFD opened their walking path around their facility to encourage their staff to increase their cardio. Each lap equals about one-third of a mile. The green and white signs will guide you on the walking path which travels over grassy lawn and asphalt.



Melanie Shefchik and Sabrina led the staff on the walking path as Beverley Osborne rounded up the back after the ribbon cutting.

Nutritional Health Advice

YOUR RELATIONSHIP WITH FOOD



Simone HoSang
Director of Nutrition & Food Science

Everything in life serves a purpose, even your food. Food serves basic functions just like people have roles in your life. Food is intended to be nourishing and to give you energy to support your daily activities. When its role goes beyond that, you then need to evaluate how it is affecting your life. Is it supportive or is it damaging? Do you have a healthy or unhealthy relationship with food?

“When you have the ability to choose to indulge is when you have established a healthy relationship with food.”

Some people have a healthy relationship with all foods and know when it is appropriate to invite indulgence foods into their body. Some people may be religious about their food in an extremely healthy or unhealthy way and others may have mixed emotions about the food in their life. While some continuously keep a healthy stock, they may also have identified specific foodemies (triggers or comfort foods) that they

keep around because they may need them someday.

Keep in mind because each persons' bodies and needs are different, what may be healthy for some people may be unhealthy for others. However, we have the power to choose the relationship we want to have with food. When you hear people say, "I couldn't resist, it was there", that's giving your power away to the food and letting the food control you instead of you controlling your relationship with the food. When you have the ability to choose to indulge is when you have established a healthy relationship with food. You may notice cravings disappear when you recognize that you do not need certain foods because you have taken your power back.

How to change your relationship with food? It is the same as changing your relationships with people. The first thing that has to

change is you and your perception of the food. Your relationship in any of these categories are either positively synergistic or detrimental, healthy or unhealthy. It's your choice.

Is your food an acquaintance, a coworker, a best friend/lover, or your parents? When your food is an acquaintance, you are tasting it, getting to know if it's right for you or not. A co-worker food is one that you get to work with everyday accomplishing goals or disrupting your work environment. A best friend /lover food is comforting and uplifting or it is comforting and enabling. A parent food is either encouraging and approving or controlling and leave you feeling disappointed.

How have your food choices been serving you? Is it time for a break? Explore other options? Can you live without it? Will you be happier with something else? Is the foliage greener on another plate? Do you just downright need to divorce yourself from that food? You get to decide.



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The Real Taste
of the Caribbean
is captured in every bite!



A Vacation from Ordinary Food



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