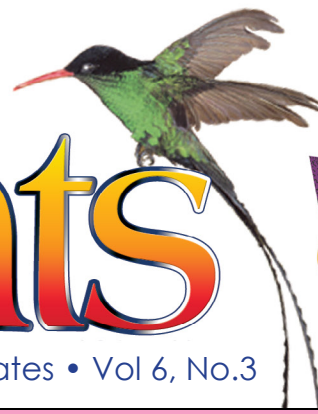


Sabrina's  
DELIGHTS



# Caribbean Delights



A Publication of Caribbean Food Delights

& Affiliates • Vol 6, No.3

September 2012

## Mustard Seed Luncheon



Walter Greene, Director of Mustard Seed Fashion Show, with Sabrina HoSang, COO of Caribbean Food Delights.

Caribbean Food Delights has been sponsoring the Mustard Seed fashion show for many years at the Mustard Seed benefit luncheon held at the Hilton in New York City. This year, Caribbean Food Delights provided a healthy lunch for the models. Sabrina HoSang also volunteered as a model in the fashion show which is organized by Walter Greene. Father Gregory Ramkissoon, founder and executive director of the Mustard Seed Communities, has devoted his life to caring for abandoned and disabled children since 1978. For more information visit [mustardseed.com](http://mustardseed.com).

## Sabrina's Delights Launch, Another Success in Wal-Mart



Caribbean Food Delights is proud to announce the launch of Sabrina's Delights Minis which are turnovers consisting of five different varieties: Turkey, Chicken and Beef Pot Pie, Western Style eggs and Apple

Cinnamon. Early September, the products were launched in Wal-Mart stores located in Florida and Georgia and were supported by an extensive demo program. Caribbean Food Delights is always striving to offer value-added, quality products to its loyal customers and also to expand our customer base. CFD does not cut corners and it shows in their products. To date, sales of Sabrina's Delights are going very well and CFD is looking to expand the brand nationally.

## Another College-Bound Student Gets a Helping Hand in Memory of Brian HoSang



From left to right: Bishop Sylveta Hamilton-Gonzales, Mr. Laurie Smith, Khalil Smith, Sabrina, Mrs. Esline Smith and Khalil's grandmother, Myrtle Walker.

Our very own COO, Sabrina HoSang, was invited to give the commencement address at Macademy Tech School in Brooklyn on June 18th. On behalf of VHFF in honor of her brother, Brian HoSang, she granted a scholarship to a student that recently graduated from Macademy Tech. Khalil Smith was the

recipient of the \$1,000.00 scholarship who is currently studying graphic design at a SUNY college in New York. Khalil and his family had the chance to get a tour of CFD's manufacturing facility and were presented with the VHFF scholarship check. Ms. HoSang also used that opportunity to give Khalil some advice on college survival skills, life on campus and academic studies which she learned while attending Villanova University. Khalil greatly appreciated the advice and scholarship which he said was very helpful. Ms. HoSang continues to support and mentor Khalil while he's at school.

# Former Champ Wins in Eating Contests Again!



*Bun and Cheese Contest*

*From left to right: "Gentleman Joe" Menchetti (1:17), Vincent HoSang, Sabrina HoSang, William "The Champ" Millender (2:00) and Mark "Human Vacuum" Lyle (2:45)*

**"Gentleman Joe" Menchetti** is back with a big appetite and proves he's the champ once again, in not just one, but TWO eating contests on July 15th!

At the 15th Annual Merritone Family Fun Day Picnic at Lake Quassy in Connecticut, Royal Caribbean Bakery hosted its 8th Annual Bun and Cheese Eating Contest in which contestants had to eat six sandwiches in 5 minutes or less. "Gentleman Joe" Menchetti finished in first place with a time of 1:17, in second place, William

"The Champ" Millender with a time of 2:00 and in third place, Mark "Human Vacuum" Lyle with time of 2:45. Following the bun and cheese eating contest, Caribbean Food Delights hosted its 11th Annual Patty Eating Contest where contestants had to eat seven beef patties in 5 minutes or less. Amazingly, "Gentleman Joe" Menchetti wins again in first place with a time of 3:45, in second place, Mark "Human Vacuum" Lyle with time of 4:15 and William "The Champ" Millender with a time of 5:09.

Prizes for both contests provided by RCB and CFD were the following: \$400 First Place, \$200 Second Place and \$100 Third Place, including trophies. The contestants were not the only ones who received prizes. The audience watching the eating contests also received limited edition 50th Anniversary CFD T-shirts, eco-tote bags and caps which were tossed out into the crowd. RCB and CFD wanted everyone

in attendance to receive a company souvenir and invited those that didn't receive a free item to stop by the companies' tents after the contests to get their souvenirs. The tents were overwhelmed by the massive crowd and fans that souvenirs could not be handed out fast enough.

This year, the companies went above and beyond what has been given out in previous years in commemoration of Jamaica's 50th Anniversary, giving out over 1000 company souvenirs. Also, the Vincent HoSang Family Foundation was selling umbrellas at \$10.00 each to raise money for their current philanthropic project. The umbrellas could not have come at a better time because as soon as the contests were over, the skies opened up and the rain came pouring down. As always, both eating contests were one of the highlights of the event and provided exciting entertainment for all in attendance.

## Heartbeats of the World Celebrates with Jamaica and Monty Alexander

Heartbeats of the World (HOW) hosted a benefit concert at Merkin Concert Hall presenting music of Monty Alexander along with legendary saxophonist, Dean Fraser and Tarrus Riley as special guests. The concert celebrated fifty years of Jamaica's independence, Monty's fifty years as a musical performer, Monty's birthday, and the tenth anniversary of Heartbeats of the World. Pat Chin and Sabrina were co-chairs of the event. In 2009, Pat Chin and Sabrina became co-chairs for HOW and in 2011, Mr. HoSang joined the board of directors and they have been volunteering their time to help the organization which has been doing great philanthropic work. Monty Alexander cut his birthday cake at a VIP reception, organized

by Thelma Johnson and Kecia Chin, which followed the concert. Their next benefit concert will be held on November 8, 2012 at Merkin Concert Hall with Vince



*From left to right: Chris Chin, Dr. Vincent HoSang, OD, Pat McKay, Una Clarke, Dr. Basil Bryan, Thema Johnson, Sabrina HoSang, Harry J Fouche, Dr. Karlene Chin Quee, Dr. Diane Ashton, Ms. Pat Chin, OD, Bobby Desouza, Stephney Kirkpatrick.*

Giordano and the Nighthawks who have been featured in Martin Scorsese's HBO series Boardwalk

Empire from its inception. Vince Giordano and the Nighthawks received a 2012 Grammy award for their Boardwalk Empire soundtrack. For over seven years, Caribbean Food Delights have been supporting Heartbeats of the World, a 501c3 corporation. Dr. Karlene Chin Quee is the founder. The mission of Heartbeats of the World (HOW) is to enrich the lives of women, adolescents and children in underserved areas of the world by providing medical resources and educational opportunities to address poverty, unemployment, illiteracy and the prevention and treatment of HIV/AIDS, sexually transmitted diseases and teenage pregnancy.

For more information on HOW, visit their website [www.howunited.org](http://www.howunited.org).

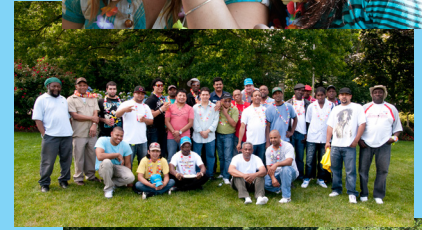
# Employee Appreciation Island Style BBQs

Royal Caribbean Bakery hosted their annual Appreciation BBQ for their employees on June 12th and provided a delicious lunch with fun activities and raffle prizes. It was a relaxing break from the day's busy schedule and was greatly appreciated by all employees. At the end of the BBQ, everyone was a winner by receiving a raffle prize.



to deejay the BBQ with popular music using his sound system. The dance floor outside was packed with employees enjoying the music and having a great time. Other exciting activities included raffle drawings, photo ops, dancing contests, and domino games.

Food was prepared and provided by the executive staff. RCB and CFD employees are all looking forward to next year's appreciation BBQs.



With sounds of island music in the background and the smell of barbeque food on the grill, Caribbean Food Delights Employee Appreciation BBQ, held on June 15th, was a success again this year. One of the employees, Eton, volunteered



## Caribbean Food Delights' Farmer's Market

As part of Caribbean Food Delights healthy initiative program, we continue to provide healthy food alternatives to our employees. During summer and fall, CFD partnered up with Apple Jack Farms, a local farmer to offer a wide variety of fresh fruits and vegetables to our employees at CFD's facility. Every Friday, employees were able to purchase fresh fruits and vegetables at bargain prices during their lunch time. Caribbean Food Delights strongly believes employee health and well-being are important. With the success of our farmer's market, CFD has already planned to provide this again next year.



## Food For Thought

Would you like to serve hot and fresh dinner rolls at your party instead of sliced hard dough bread? Well now you can. Royal Caribbean Bakery is selling hard dough bread dinner rolls for your special occasions. Serve at your next dinner party.

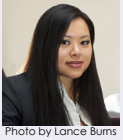


## Coming Soon: Vincent HoSang's Autobiography!

For the past seven years, Mr. HoSang had been asked to write a book about his life by countless people, including his daughter, Sabrina. Due to the demands of his umpteen business and philanthropic work, Mr. HoSang was unable to completely devote his time to the book. He plans to share many life experiences and lessons including how he and his wife, Jeanette built their business empire.

# Nutritional Health Advice

## THE BEST FOOD FOR YOUR BABY



Simone HoSang  
Director of Nutrition & Food Science

Human breast milk is the natural and best choice of food for your baby. It is designed to support the growth of human babies and their highly intelligent brains. Cow's milk is designed to support the growth of a baby cow. The choice may seem obvious to some, but I was stumped when I was teaching nutrition classes with City Harvest years ago, one teen-mom-to-be questioned, "Why would I breastfeed my baby when WIC gives me free formula?" Studies show only 30% of moms under 20 years old breastfeed their babies.

Fortunately, the days are gone when infant formula was heavily marketed to be the popular nutrition for babies making it taboo for mothers to breastfeed. Formula was originally created for the small percent of mothers who had difficulty lactating or were ill. Today it is a \$7.6 billion industry.

Trends show an increase of moms choosing to breastfeed over formula bottle feeding due to many organizations like the International

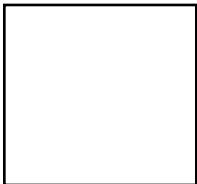
Lactation Consultant Association (ILCA), American Academy of Pediatrics (AAP), Women Infants and Children (WIC) and La Leche League International (LLL). ILCA is a resource for lactation consultants and professionals who support breastfeeding education and research. AAP recommends to breastfeed exclusively for 6 months and continuing to breastfeed with supplementing food for a year or more as long as mother and baby mutually desire. WIC gives incentives for women who breastfeed like longer participation in WIC, an enhanced food package, counseling, breast pumps and supplies to support breastfeeding. LLLI provides education and local support groups for breastfeeding moms.

Babies and their mothers benefit from breastfeeding. The baby receives the perfect amount of water, proteins, carbohydrates, fat, vitamins, minerals and immunization from human breast milk. All of these components support baby's brain development. The order in which it comes out is also tailored for the baby. The first release of milk is called the foremilk which is mostly water and

lactose. The second part is the cream called hindmilk which is high in fat. If the baby is thirsty (s)he will do a short feeding. If the baby is hungry (s)he will feed longer. When the baby drinks the hindmilk, (s)he is likely to get cozy and fall asleep. Breast milk also contains white blood cells and antibodies that protect your baby from illness. The protein in human milk is mostly whey which is easily digestible for babies. Cow's milk and some formulas contain mostly casein, the other protein in milk which is harder for babies to digest. A breastfed baby's poop has more of a pleasant smell than formula fed baby.

Breastfeeding is a fast way to lose extra pounds postpartum. The process uses up fat stores in the body to produce milk. Oxytocin, the hormone released during breastfeeding, helps contract and shrink the uterus. It also helps bonding as mom gets to know her baby and baby develops trust.

Breastfeeding is convenient and rewarding when done properly. For more information and support on breastfeeding please check out the various organizations mentioned.



Caribbean Food Delights  
117 Route 303  
Suite B  
Tappan, NY 10983



caribbeanfooddelights.com  
royalcaribbeanbakery.com  
vhtf.org  
facebook.com/cfdny  
facebook.com/nrcb  
facebook.com/jerkzine  
facebook.com/vhtfny  
twitter.com/cfdny

Find us on the web:



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

HOME OF THE BEST QUALITY IS OUR PRIORITY  
AMERICAN PRODUCTS

ROYAL CARIBBEAN BAKERY  
Caribbean Food Delights

A Vacation from Ordinary Food

JERKQZINE  
Caribbean grille

THE VINCENT HOSANG FAMILY  
VHFF FOUNDATION