

Caribbean Delights



CFD RECEIVES SQF LEVEL 3 RECERTIFICATION

MESSAGE FROM THE CEO DR. VINCENT HOSANG, O.D.



The New Year has begun, and I must take this opportunity to thank the good Lord for his guidance, our loyal customers, our dedicated staff, friends and well-wishers for their unwavering support and business. 2014 was another successful year for Caribbean Food Delights (CFD), Royal Caribbean Bakery (RCB) and the Vincent HoSang Family Foundation (VHFF).

To reflect, there were some profound moments not only with implementing growth strategies to include market expansion in various communities in California, Maryland and Washington, DC. and increasing our market share in Metro NY., but also in the area of philanthropy.

These accomplishments could not have been possible without our caliber of extraordinary employees, ones who go above and beyond and are devoted to the growth and development of our organizations. A true testament is CFD being the five time recipient of the Safe Quality Food Institute's highest achievement certification – SQF Level 3 in December. The certification assures that our products have been produced, processed, prepared and handled according to the highest possible standards, at all levels of the supply chain.

The Vincent HoSang Family Foundation (VHFF) too had its celebratory moments with the handing over of the LINAC Machines Project Initiative donation of \$132,181.25, to the Jamaican government and its contribution of \$38,000 to the Jamaican Consulate in New York's Ebola Prevention Program to purchase a walk-through thermal sensing unit to be installed at the Norman Manley International Airport in Kingston, Jamaica.

As we have done over the last 37 years, our company is committed to providing you with unparalleled quality, value and service in 2015 and beyond. Our loyalty remains unshaken to the communities we live and work, to the Diaspora and to our homeland, Jamaica.

Have a peaceful and productive 2015, and God bless you all!



CFD Headquarters

Caribbean Food Delights (CFD), the largest global frozen food manufacturer of Jamaican Style Patties announced that the company has received its fifth consecutive Level 3 Certification from the Safe Quality Food (SQF) Institute.

The SQF certification program is a globally recognized food safety and quality management system and its Level 3 status is the highest level attainable. To achieve this status, CFD manufacturing facility and corporate office underwent a rigorous auditing process including reviewing of policies, procedures and systems. The stringent procedure provides assurance that products manufactured by CFD have passed both local and international food safety and quality standards including Hazard Analysis Critical Control Points (HACCP), a favorable food safety management system among major retailers.

"Our 37 year old company has built a sterling reputation on food safety and quality and being SQF Level 3 certified demonstrates our level of commitment," said Raquel Pascual, Quality Control Manager. "To maintain our top position over the last five years was only attainable and achievable with phenomenal teamwork."

Caribbean Food Delights distribution network spans across the United States, the Caribbean and Commissaries worldwide.

CARIBBEAN FOOD DELIGHTS SUCCULENT...



VHFF DONATES WALK-THROUGH FEVER SCAN MACHINE



Left to right: Consul General of Jamaica, Herman LaMont, and Sabrina & Vincent HoSang, VHFF (Photo: Ajamu Photography)

The Vincent HoSang Family Foundation (VHFF) recently donated US\$38,000 to purchase Jamaica's first Diaspora-donated walk-through thermal sensing unit to outfit the Norman Manley International Airport in Kingston, as part of that country's Ebola Preparedness and Response Activities.

The check presentation followed an appeal made by the Jamaican Consulate in New York, which is spearheading the Jamaica Ebola Prevention Program's response activities in the Diaspora. "After hearing the Jamaican Consulate's appeal at the recent Cornwall College Old Boys' Association Dinner Dance outlining the urgency for Jamaica's preparedness against the Ebola virus, it resonated with me," said Vincent HoSang, Chairman.

The VHFF's donation will cover the cost of one of five thermal scanning machines needed. "The Jamaica Ebola Prevention Program calls for the urgent procurement of several items, including five (5) state-of-the-art thermal scanning machines," said Jamaica's Consul General, Herman LaMont. "The Consulate is extremely appreciative and thankful that the VHFF has responded to the call for assistance."

He said he is particularly thrilled that the Diaspora can join forces with corporate Jamaica to fight the threat of the deadly Ebola virus.

The donation is the third of its kind, as two similar thermal scanning machines were earmarked for the Sangster International Airport in Montego Bay and the Falmouth Cruise Ship Complex in Trelawny, donated by Jamaica-based Sagicor Insurance Group and Supreme Ventures, respectively.

EASTER BUN SEASON IS ALMOST HERE!



SABRINA RECEIVES MARCUS GARVEY AWARD



From Left to Right: Karl Rodney, Dr. Marcus Garvey, Faye Rodney, Sabrina HoSang Jordan, Bahamas Prime Minister, the Honorable Perry G. Christie. Photo by Margot Jordan

REDC HONORS SABRINA HOSANG JORDAN



REDC's 40 Under 40 Honorees

Sabrina HoSang Jordan, COO, Caribbean Food Delights has done it again! She was recently honored among the Rockland Economic Development Corporation (REDC)'s 40 Under 40 brightest stars.

The program seeks to honor forty individuals who are under the age of 40 and are making their mark on Rockland County through their commitment to growth, development, professional excellence and the community-at-large.

The brilliant COO was previously awarded in this category by the Caribbean Life Newspaper/Diaspora Dashboard and The Asian American Business Development Center.

WIN A FREE GIFT!

We would like to recognize our loyal customers with a special gift. Simply fill out your contact info and mail it back to Marketing, Caribbean Food Delights, 117 Route 303, Suite B, Tappan, NY 10983. You can also visit our website by scanning the QR code below with your mobile device or copy the following link into your web browser.

caribbeanfoodelights.com/win.html



Name: _____

Address: _____

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DR. VINCENT HO SANG, O.D. THANKSGIVING, THE REAL MEANING



Mr. HoSang and Sabrina giving out Thanksgiving turkeys to employees.

Hundreds of residents and employees were pleasantly surprised when philanthropist, Vincent HoSang announced his Thanksgiving Turkey Drive! The kind gesture saw residents from the Bronx, Mount Vernon and Rockland County, as well as, all Caribbean Food Delights and Royal Caribbean Bakery employees receiving a 17-20 pound turkey each just before Thanksgiving. In handing out the turkeys, Mr. HoSang said, "Giving back is another nice way to say, 'Thank you,' for the many blessings throughout the year!"

ROYAL CARIBBEAN BAKERY HOLIDAY PARTY



Conrado and Fabio (not pictured) receive Best Attendance Award.

German receives Best Attitude Award



Dewayne and Sabrina present Dwayne with Employee of the Year Award

CARIBBEAN FOOD DELIGHTS HOLIDAY PARTY

Photos by Ajamu Photography



Augusto and his baby nephew

Sandra presenting Employee of the Year Award to Jonathan



Wilbert receives Best Attitude Award.

Richard, aka, "Fireman", wins free movie raffle



Ramona receiving Secret Santa gift

Dr. HoSang presenting Best Attendance Award to Napoleon



Employees getting their photos taken by Ajamu Photography

Nutritional Health

PORTION CONTROL



Simone HoSang
Director of Nutrition & Food Science

There is a saying, "My eyes are bigger than my stomach." That is very true when it comes to overeating. Our brain is stimulated visually by seeing food in front of us whether we are full or not. Some people may not be tempted, but others, on the other hand, cannot control themselves. Overeating can be caused by many factors. The most common are emotions and habits.

Many of us find ourselves filling our plate and scraping it clean even though we were satiated halfway through dinner. It may be that we have the "clean plate" complex where we feel like we must finish our plate to reward ourselves with dessert or the opposite, we grew up feeling bad about wasting food. Coming home after a long day of school or work with only eating lunch around noon can cause us to eat everything in our sight. We may be eating away the stress of the day, a bad relationship or

just habitually reaching for the snacks that are easily accessible. Perhaps we are eating mindlessly while watching television to decompress.

Either way, our idea of healthy portions may be distorted. Here are some tips on how to control portions and reduce overeating:

1. **Out of sight, out of mind.** Put away the snacks where they are harder to reach. Fruit, however can be out in plain sight so when we do get the urge, we can at least grab something healthy. Store cut vegetables in the refrigerator for a quick snack.

2. **Eat dinner at the table, but leave the corningware in the kitchen.** This way when you want seconds, the thought of getting up to get more, might make you think twice and realize you are actually full. Put away any leftovers in Tupperware to not tempt yourself to keep picking.

3. **Use guides to serve appropriate portions.** Use measuring cups, plates with guides or estimating by using common references can guide you to

portioning out the correct serving.

4. **Eliminate distractions.** If you are about to sit in front of a device, make sure you eat beforehand or serve out a small bowl of snacks instead of eating straight out of the bag.

5. **Eat half of the food on your plate, then wait.** Unless you are using the correct portions, then you most likely have too much on your plate. If you are full, pack it up and have it later or the next day.

6. **Cook what you need or portion it out for later.** If you are always on the go then cooking what you need for just that meal may be time consuming. If you do cook more than you need, portion it out and freeze it for future meals.

7. **Drink water 20 minutes before your meals.** This will hydrate your body and may minimize overeating to compensate for thirst.

8. **Eat balanced meals with fiber.** Getting the right amount of protein and fiber in our meals will help us feel satiated and keep us fuller longer.

Now, what's on your plate?



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IN EVERY BITE!



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

