

**MESSAGE FROM THE CEO:
DR. VINCENT HoSANG O.D.**



HAPPY NEW YEAR!

In welcoming the New Year, I wish for everyone good health, happiness and prosperity! Our companies, Caribbean Food Delights, Royal Caribbean Bakery and JerkQ'zine Caribbean Grille cannot emphasize enough, how grateful we are to you our valued customers for purchasing our products at your local mom and pop stores, restaurants, bakeries and club stores: BJ's Wholesale, Sam's Club, Costco and Wal-Mart.

In addition, your support assists the Vincent HoSang Family Foundation (VHFF) with its mission as a responder to a broad range of human needs. These include health, education, sports, community empowerment and social welfare in our local communities and the Caribbean.

We thank God for his many blessings and with his guidance, we all can accomplish many great things in the New Year!

**Food For Thought:
Spinach Patty Quesadillas**



Recipe featured in our 2014 Food for Thought Calendar and Cookbook.

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Caribbean Delights



Caribbean Food Delights: Food Safety & Quality Standards Highest Achiever

Caribbean Food Delights (CFD), the largest Caribbean frozen food manufacturer is the fourth time proud recipient of Safe Quality Food Institute's (SQFI) highest level certification award, SQF Level 3.

The SQF Level 3 stamp of approval certifies that CFD's customers are buying products of the highest quality and that CFD's products are produced, handled, prepared, processed and distributed under the strictest food safety and quality guidelines in the industry. The SQFI evaluation

process is the most rigorous as companies are not only judged based on national criteria, but also according to international specifications.



The confident HoSang credits his staff for the company's outstanding achievement which has positioned his company in a very distinguished category.

He said, "We are proud to mention that we are one of few USDA plants in our category that is SQF Level 3 certified and the only Caribbean frozen food manufacturer with this prestigious distinction."

The Lehman College Foundation Gets \$25,000 from Vincent HoSang



Left to Right - President Ricardo R. Fernández, Lehman College, Myrna M. Rivera, Chair of the Lehman College Foundation, Vincent HoSang, OD, and Consul General of Jamaica Hon. Herman G. Lamont

The Lehman College Foundation recently received \$25,000 in scholarships thanks to the generous donation of renowned Caribbean philanthropist and business leader, Dr. Vincent HoSang, OD.

The scholarships will be awarded to four high achieving students of Caribbean descent majoring in the field of Business

Administration with a GPA of 3.0 or higher. In making the presentation, HoSang said, "I strongly believe in giving back and I can recall the invaluable support of the Lehman College students when I started business 35 years ago on Kingsbridge Road." He adds, that he was extremely grateful to the Bronx community at large, which through customer loyalty and commitment has played a significant role in the growth and development of his companies: Caribbean Food Delights and Royal Caribbean Bakery.

Dr. HoSang was one of two recipients honored with the prestigious Lehman College Community Leadership Award at their gala held in October at the New York Botanical Garden.



Young Caribbean-American Business Professionals Honored

Caribbean Food Delights Chief Operating Officer (COO), Sabrina HoSang and nineteen other young Caribbean-American business leaders dubbed "21st Century Leaders" were honored at the inaugural 20 Under 40 Awards presentation, held at the Manhattan based News Corp headquarters in November.

The event co-hosted by Caribbean Life Newspaper and the Diaspora Dashboard, turned the spotlight on young business movers and shakers under forty (40) years old making significant strides in the food manufacturing, legal, media, performing arts



Photo by Roland Hyde. From left to right: Sabrina HoSang, Dr. Geneive Brown Metzger Executive Vice President of diasporadashboard.com and Clifford Luster, Publisher of Caribbean Life

and theatre, banking, financial, fashion, cosmetic and the shipping industries.

"I am humbled and honored that Caribbean Life and the Diaspora Dashboard chose me as one of the twenty honorees to receive the 20 Under 40 Award," said Sabrina HoSang.

Most of the professionals were either entrepreneurs or top level executives.

CFD's Sabrina's Delights Pot Pie Minis Capture Mainstream Markets



Sabrina's Delights Chicken Pot Pie Minis

Sabrina's Delights Pot Pie Minis have revolutionized the way we eat pot pies and have taken over mainstream markets.

Manufactured by Caribbean Food Delights (CFD), the largest Caribbean frozen food producers of Jamaican patties, Sabrina's Delights Pot Pie Minis are hand-held quite in contrast to the traditional pot pies. Their uniquely designed half-moon shaped flaky pastry turnover crust filled with chunky delicious meats, vegetables and gravy are very eye appealing. The pot pies easily baked within

minutes are very convenient and can be eaten on the go.

"The product line being just over a year old, has shown tremendous growth, retailing presently in over 625 grocery stores including: HEB from Houston to Dallas in Texas, Harris Teeter in the Carolinas, Georgia and Virginia and Cost-U-less in the US Virgin Islands, combined," said Director of Sales, Tim Conway. He said, the company is highly optimistic as the demand for Sabrina's Delights has exceeded expectations. "CFD has just inked a deal with well-known supermarket chain Publix, to carry Sabrina's Delights Minis in 900 stores in Florida, Louisiana and Georgia," said Conway.

Sabrina's Delights Pot Pie Minis are available in chicken, turkey and beef. An extended pastry line of Chicken Parmesan, Three Cheese and tropical fruit flavors: Apple Cinnamon, Mango, Guava, Peach Cobbler and Plantain Tarts are also available.



Photo by Ajamu Photography. Proud student, Sherida Bryce.

Nursing Student Awarded VHFF Scholarship

Sherida Bryce, a Mount Saint Mary College nursing student, is the December 2013, proud recipient of the Vincent HoSang Family Foundation (VHFF) Scholarship's \$1,000 award.

Chosen from a field of five academically outstanding applicants, Bryce's well-rounded background coupled with her outstanding scholastic achievements gave her the winning advantage. In humbly accepting her award, she thanked the HoSang family for not only awarding her, but also for their unwavering support of Caribbean college students pursuing ambitious dreams despite financial challenges.

Ms. Bryce is expected to graduate in May 2017.

The VHFF's scholarship is funded by Royal Caribbean Bakery and Caribbean Food Delights and is awarded bi-annually during December and August. Scholarships are awarded to college students of Caribbean descent with financial need and who have demonstrated academic success.

To receive a scholarship application, applicants are encouraged to email their request to info@vhff.org or by calling 845-398-3000.

CFD Renews Trans Am Racecar Sponsorship



Joe Thomas, Crew Chief & Rob Bodle

Caribbean Food Delights, the largest manufacturer of Jamaican Beef Patties has renewed its sponsorship with Trans Am Series racecar driver, Rob Bodle.

In making the announcement, Chief Operating Officer, Sabrina HoSang said, her company was extremely pleased with Bodle's 2013 performance. She said, "Bodle's talent, strong determination, professionalism, commitment and perseverance were deciding factors." HoSang said, CFD was happy

with the promotion and product awareness it received so much so that it is increasing the number of races from eight to 11 across the United States and Canada in 2014.

Director of Sales, Tim Conway said, "CFD is the first Jamaican Patty Company to sponsor a racecar driver and the company is excited to be a part of one of the world's fastest moving sports."

Bodle, the radio disc jockey who turned racecar driver this year, was quite pleased with the announcement. "Although I have a few smaller sponsors, having a title sponsor is a racecar driver's dream," he said. "My team and I are rejoicing and this announcement has given us the ammunition we need to burn up the course."

The 53-year-old racecar driver has had an impressive year. Aside from first, second and third place winnings, some of his major accomplishments included the Trans Am Ambassador and Rookie of the Year Award Awards. He finished an overall second place in the competition.

Rockland Community Foundation Salutes First Responders

One of many first responders



Alex DeLeon

recognized recently at the Rockland Community Foundation's Benefits Gala, held at the Hudson Water Club in West Haverstraw was CFD's employee Alex DeLeon.

As a Haverstraw community volunteer firefighter, DeLeon, along with his counterparts were lauded for their exceptional service. They were not only recognized for their service during emergency situations such as Hurricane Sandy, but as they continue to serve us with great diligence, professionalism, dedication and personal care each day. The brave men and women were each presented with a Distinguish Service Award and a Certificate of Merit.

A special thanks and appreciation from all of us at Caribbean Food Delights!

Caribbean Food Delights and Royal Caribbean Bakery's Christmas Party Highlights

Caribbean Food Delights' Team Photo



CFD's Employee of the Year: Anthonette Elliott



CFD's Best Attendance Award: Alvin Ambrona



CFD's Positive Attitude Award: Elardo Grey



RCB's Employee of the Year: Warren Shaw



RCB's Best Attendance Award: Michael Blake



RCB's Positive Attitude Award: Adan Miranda



Royal Caribbean Bakery's Team Photo

Chiropractic Health Advice

NATURAL WAYS TO BOOST YOUR IMMUNE SYSTEM



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Welcome to the cold and flu season. In our fast paced society it is hard to keep our body and immune system strong, but there are some simple ways to help you get over a cold quicker and prevent it in the first place.

The most important thing to remember is that you do not get sick because of bad luck or you simply happen to come into contact with germs. The truth is that germs are all around us from every doorknob you touch to even your computer desk. Fortunately, your immune system is working 24/7 to keep you healthy. A healthy immune system is designed to fight colds and infections so they do not take root in your body. When patients tell me they are sick, I always ask the same question, "How did you let yourself get run down?" A body that is run down and therefore susceptible to a cold, is the real problem.

The first thing I recommend is rest. It sounds simple, but many of us are chronically sleep deprived. Sleeping-in during the weekends is not a good way to "make it up", since it disrupts your normal sleep cycle. Lack of sleep even for just a night

has been linked to everything from weight gain, decreased mental performance and decreased immune function. If your body tells you that you are tired, instead of reaching for that third cup of coffee, how about just getting to bed earlier? Minimally we need 7-8 hours of restful sleep and when we are fighting a cold or infection, even more. Temperature plays a role in restful sleep and most studies agree that temperatures between 60 and 67°F are optimal for sleeping, while above 75°F has been shown to be disruptive to sleep.

The second thing I recommend is to be very careful with what you eat, specifically refined sugar. Studies have shown that eating or drinking too much sugar curbs immune system cells that attack bacteria. This effect lasts for at least two hours after consuming refined sugars. I am not saying you have to give up the cookies and cake forever, but if you are fighting a cold, definitely skip them. Increase fruits and especially fresh green leafy vegetables, which are rich in vitamins and nutrients. Typically raw is best followed by lightly steamed or sautéed. The more vegetables are cooked, the less nutritive value they possess. Fresh garlic is also particularly good for your immune system as it helps fight viruses and bacteria.

Exercise is another major factor in

keeping your body and mind strong. Exercise has the effect of a jump start on your immune system and can help keep you from getting colds and the flu. In one study reported in the American Journal of Medicine, women who walked for a half-hour every day for one year had half the number of colds as women who did not exercise. I understand no one wants to go outside for a walk when it is cold, but fresh air is better for you and sun exposure boosts your Vitamin D production which has been shown to also help fight colds.

Another way to boost your immune system you might not think of is Chiropractic care. Chiropractic care has been shown to boost your immune system as well as help your nervous system regulate stress. The chief of cancer prevention at New York's Preventative Medicine Institute found that people who received regular chiropractic care over a five-year period had a 200% greater immune competence than those who had not received chiropractic care.

Always remember the common sense approach such as, regularly washing your hands with soap and water. Antibacterial gels are convenient, but not nearly as effective and may lead to antibiotic resistant bacteria. There are many simple ways to boost your immune system and come out of the cold and flu season on top.



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 Quality in Every Bite
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A Reaction from Ordinary Food

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