

Caribbean Delights



Royal Caribbean Bakery and Caribbean Food Delights 36 Years of Strength



Vincent & Jeanette HoSang

The numerous challenges facing businesses during the recent economic crisis and the current post-recession era have led to the demise of many and have left others crippled. Yet, for thirty-six (36) years, two of New York-based food manufacturing companies Royal Caribbean Bakery and Jamaican Patty producers, Caribbean Food Delights (CFD) have distinguished themselves by bucking the trend, remaining steadfast and on course, while leading by example.

This year, the companies celebrate 36 years--a true testament of staying power and leadership success.

HARD WORK, HONESTY, INTEGRITY

Co-Founders Vincent and Jeanette HoSang credit this major milestone anniversary and their many successes to God's guidance, passionate and dedicated staff and the loyal commitment of their many invaluable customers. "From inception, we were convinced that the only way we could accomplish our many goals was through God's guidance," said Vincent HoSang.

"We made a real life commitment, knowing that we had an obligation to our staff and customers and to operate business with these basic fundamental principles: hard work, honesty and integrity."

"Many of our customers and employees have been around from day one, before I was born," reflected Sabrina HoSang, Chief Operating Officer, CFD. She said, this kind of longevity and commitment speak to her parents' integrity and character. "It also gives me a great sense of pride, knowing that as immigrants from Jamaica, my parents have made such an indelible mark on the American society." She emphasized that the differences they have made, not only as business leaders, but also as philanthropists - touching lives in the different communities here and in the Caribbean, make her feel blessed to be their daughter.

HIGHEST SAFETY STANDARDS

Famous for producing authentic Jamaican products under the most rigorous food safety and quality guidelines, the companies are deeply rooted in the words of their motto, "Quality is Our Priority." This obsession with quality and safety has earned Rockland County headquartered, CFD the coveted Safe Quality Food Institute's highest achievement award - SQF Level 3. Additionally, the specialty-food manufacturer's growth has been staggering with its patty output jumping significantly from a few hundred per day in the early days,

to approximately forty thousand (40,000) per hour in present day. A key attribute that has propelled the company into first place among Jamaican frozen-food manufacturers and the Jamaican Patty industry globally.

The Mount Vernon located RCB brand has also experienced tremendous growth. It has undergone a brand extension from hard dough bread, bullas and buns to a wide variety of cakes, tarts and snacks.

NEW HAND-HELD POT PIES

Although best known for their signature products, the HoSang's recently introduced a new line of puff pastries including a revolutionary hand-held pot pie, which has found its way into mainstream markets. Produced under the Sabrina's Delights brand, the pot pies are uniquely designed half-moon shaped, flaky pastry turnovers filled with chunky delicious meats, vegetables and gravy. Other puff pastry flavors are: Three Cheese, Chicken Parmesan, Apple Cinnamon, Mango, Guava, Peach Cobbler and Plantain Tarts.

IMPLEMENTING STRATEGIC INITIATIVES IN DISTRIBUTION

As the companies look to the future with optimism and anticipation, one major goal is to remain focused on implementing strategic initiatives in distribution: making all products available and accessible to consumers nationwide. "In my travels, if I can reduce the number of people who have asked me for a distribution point by ten, I know I am on to something," said the CEO. "All this, while simultaneously remaining resolute in manufacturing products of the best quality and safety standards."

Royal Caribbean Bakery and Caribbean Food Delights are affiliates of JerkQ'zine Caribbean Grille and the Vincent HoSang Family Foundation.

CFD/RCB Celebrating 20 years at the Penn Relays...

Proud lifetime partners Caribbean Food Delights (CFD), Royal Caribbean Bakery (RCB) and Team Jamaica Bickle (TJB) are celebrating twenty (20) glorious years of nutrition and feeding support to Caribbean athletes at the annual Penn Relays. "It is certainly a defining moment in our thirty-six (36) years of existence to know that for twenty (20) or more than half of those years have been spent as proud partners of Team Jamaica Bickle," said RCB/CFD Vincent HoSang. He said, Royal Caribbean Bakery and Caribbean Food Delights are truly blessed to be making a difference as partners of such a vibrant nutrition and feeding program.

Reflecting on his companies' initial involvement, HoSang said, the early years started out with a single team from Jamaica, which could be entertained by just about any size family for dinner. Today, the athletic contingent stands at approximately 700 including our Caribbean neighbors: Trinidad, Barbados and Belize among others. "Through the Team Jamaica Bickle program, the group is fed three meals per day over



Vincent & Sabrina HoSang presenting the \$10,000 check to Team Jamaica Bickle's Chief Financial Officer, Lance Clarke.

a three day period, approximately 6,300 meals with an extensive traditional menu," said HoSang. "Of the three meals, dinner is the most involved consisting of approximately 800 lbs. of chicken, 600 lbs. of goat meat, 150 lbs. of fish and 500 lbs. of rice." He added that, in addition to the backing of the TJB Feeding and Nutrition Program, CFD and RCB donate \$10,000 cash annual to assist with other hospitality expenses.

The journey to Penn entails a great deal of preparation and teamwork plays a vital role. "To our dedicated staff who took turns preparing most of the meals and the many volunteers who were constantly on their feet serving, cleaning up and dismantling our three day makeshift dining room, a world of thanks," said the CEO. "Surely, I could not have done it alone, but together we came out champions!"



Christian Brown and Vincent & Sabrina HoSang

All Islands Scholarship Recipient

Iona Preparatory High School's Christian Brown is the 2014 All Islands/VHFF Scholarship winner. The May 2014 graduate will attend St. Monica College in the Fall to pursue an undergraduate degree majoring in Film Studies and minoring in English. Christian is of Jamaican and Panamanian parentage and attributes his success to his parents no nonsense upbringing and a well-rounded education.

For more information or to download the scholarship application, visit vhff.org.

Sabrina HoSang Meets Her AFUWI Scholarship Recipient



Shevon Brown and Sabrina HoSang

Sabrina HoSang, COO, Caribbean Food Delights meets Shevon Brown, the recipient of the Sabrina HoSang \$3000 Scholarship at the AFUWI Gala. Shevon is pursuing a career in the Faculty of Social Sciences at UWI Mona.

Rockland Alliance For Health (RAH) Honors Caribbean Food Delights



Sabrina HoSang, Melanie Shefchik and Beverley Osborne

RAH honored Caribbean Food Delights (CFD) for their dedication to creating a workplace culture of wellness. With the assistance of the RAH, CFD was outfitted with a new state-of-the-art fitness center.

Food For Thought: Overnight French Toast Casserole



Whisk 3 eggs, 2 cups milk, 2 tbsp sugar, 1 tsp vanilla extract, 1/2 tsp cinnamon in a bowl. Soak 9 Slices (cut into chunks) Royal Caribbean Bakery Hard Dough Bread. Refrigerate overnight. Mix 1 cup brown sugar, 1 tsp cinnamon, 1/4 cup butter. Sprinkle on top. Bake at 350°F for 40 minutes.



Reverend Frank Williams, Dr. Vincent HoSang, Ruth Dyer, Sabrina HoSang and fellow congregants of the Bronx Baptist Church.

Dr. Vincent HoSang Visits Bronx Baptist Church

Model entrepreneur and philanthropist, Dr. Vincent HoSang and his daughter, Sabrina, lectured on Entrepreneurship to congregants at the Bronx Baptist Church (BBC), recently.

Dr. Vincent HoSang shared his success story and Sabrina HoSang shared her journey of following in her father's footsteps. The congregants also enjoyed Jamaican patties and plantain tarts during the motivational speeches.



Dale Getfield presents \$500.00 check to the Vincent HoSang Family Foundation (VHFF).

People's Choice Furniture - A Friend of the VHFF

Dale Getfield of People's Choice Furniture in the Bronx, New York, generously donated \$500.00 to the VHFF in support of its US\$5M LINAC Machines Project Initiative.

To donate to the VHFF, please visit vhff.org or send a check payable to the Vincent HoSang Family Foundation to 117 Route 303, Suite B, Tappan, NY 10983. For more information, please call 845.398.3000 or e-mail info@vhff.org. Your donation is tax-deductible.

Caribbean Food Delights' Staff Spotlights



Mechanic team in their shop

Our Mechanics

Our mechanics at Caribbean Food Delights (CFD) are there the moment a machine or the facility needs tweaking. They are there to maintain and make sure production flows smoothly. Without our mechanics, we would not be able to run efficiently. Our Mechanical Maintenance Department comprises of three mechanics and one mechanical engineer.



Production staff packing patties

Our Production Staff

An important part of our day-to-day operations is the functions of our Production Staff. Above, members of the team are seeing busily packing products for distribution. They are essential to quality control as they are the eyes and hands that assure every product meets industry standards.

Chiropractic Health Advice

WHO SAYS I SHOULD CARE ABOUT MY HEALTH?



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This may be surprising, but the USA spends far more money than any other country on health care! "Probably it's because we're one of the richest countries in the world," you say. Well, unfortunately what is bad, is where we rank in our overall health. The US ranks 37th among the world's industrialized countries when it comes to overall health. 37th!!! You ask, "Well, who says?" That's exactly right, the WHO (World Health Organization) says in their 2010 report.

Of course, there are many factors that come into play, but the more it is studied, the more it is discovered how much control we have over our own health. Let's take a look at cancer...wait, wait, wait, I know what you're thinking. "Cancer? This isn't very

uplifting, Dr. B." I know, but bear with me. Let's get the bad news out of the way first. The American Cancer Society reported in 2010 that over 1.5 million people would be diagnosed with some form of cancer and over 500,000 would lose their lives. To put it in perspective, that's approximately the entire population of our state's capital! NOW, for the good news! The American Cancer Society also states: "Scientific evidence suggests that about one-third of the cancer deaths expected to occur in 2010 will be related to overweight or obesity, physical inactivity, and poor nutrition and thus could be prevented" You can reduce your risk of cancer by simple lifestyle changes!! Now imagine what that could do for other diseases, not just cancer!! See I told you to bear with me!

So, what are the keys to lifestyle changes which will keep you and your family at optimal health? The

top five ways to keep healthy are:

- Getting enough rest (we all could use a bedtime),
- Eating mainly fresh fruits and veggies (get in those natural colors),
- Exercising several times per week (every little bit helps),
- Keeping a healthy mental attitude (I think I can, I think I can!)
- Keeping a healthy nerve system (that's where I come in)

Of course, I'm going to mention Chiropractic! Just as a small cavity cannot be detected without a dental checkup, Chiropractors are experts at spinal health and can determine if something is affecting your health of which you may not even be aware. You do not have to be experiencing pain to get a Chiropractic checkup and just think – you can check off one of the five top ways to keep healthy!

Focused on your wellness,
Dr. B.



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HOME OF THE BEST Quality Jerk Seasoning and Jerk Marinade

AMERICAN PRODUCTS

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A Vacation from Ordinary food

VHF FOUNDATION THE VINCENT HOSANG FAMILY



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