

SHOP AT HOME FOOD SERVICE

MONTHLY NEWSLETTER JANUARY 2009

SHOP AT HOME FOOD SERVICE RECIPE OF THE MONTH - OVEN FRIED ITALIAN CHICKEN BREASTS



Ingredient	Amount	Scaled amount	Instructions
Boneless, Skinless Chicken Breasts	4 Pieces	4 Ounces Each	1. Preheat oven to 350 degrees. 2. Brush chicken breasts generously with olive oil. 3. Combine bread crumbs, grated cheese, oregano, basil and minced garlic in a bowl. 4. Coat chicken with the bread crumb and spice mix generously. 5. Place chicken breasts in a shallow baking pan or dish. 6. Bake for approx. 35 minutes, until fork tender. 7. This recipe can be modified to serve 8 or 12 as well.
Olive Oil	3 Fluid Ounce	3 Fluid Ounce	
Minced Garlic	2 Cloves	2 Cloves	
Dried Oregano	1 Teaspoon	1 Teaspoon	
Dried Basil	1 Teaspoon	1 Teaspoon	
Grated Parmesan Cheese	1/3 Cup	1/3 Cup	
Italian Bread Crumbs	1/2 Cup	1/2 Cup	
Recipe serves	4	Prepare for	4

Each month we'll have a brand new recipe for you to try. We'll have beef, pork, poultry, lamb, veal, seafood and dessert recipes in random order. Since variety is the spice of life, these recipes can give you a brand new way to prepare some of the same old things! Let us know how you like them--WE'D LOVE TO HEAR FROM YOU!! Please contact jeff@shopathomefoodservice.com. Thank you so much for your feedback. Enjoy!



PRODUCT SPOTLIGHT: NUTRI-TECH AIR PURIFICATION SYSTEM



THE MOST ADVANCED AIR FILTRATION SYSTEM IN THE WORLD! THE NUTRI-TECH DELUXE AIR PURIFIER HAS A 10 STAGE FULL SPECTRUM CARTRIDGE THAT WILL REMOVE OR REDUCE: AIRBORNE VIRUSES, DUST MITES, ALLERGENS, POLLEN, FUMES, DUST AND BACTERIA, MOLD SPORES, COOKING ODORS, TOBACCO SMOKE, PET DANDER, GAS ODORS AND MUCH, MUCH MORE. THE SYSTEM INCLUDES A DEODORIZING OZONATOR FOR FRESH, CLEAN AIR.

*MAKES THE AIR YOU BREATHE UP TO 99% CLEANER...PROVIDING A FRESHER, MORE COMFORTABLE ENVIRONMENT.

**HELPS REDUCE ALLERGY AND ASTHMA FLARE-UPS

***HIGH CAPACITY CLEANING POWER, PURIFYING 1600 SQ. FEET PER HOUR

****ENERGY EFFICIENT, WITH 3-SPEED ELECTRONIC CONTROL...COSTS ONLY PENNIES A DAY TO OPERATE

*****DESIGNED FOR YOUR SAFETY-- THE UNIT AUTOMATICALLY SHUTS DOWN ANYTIME THE COVER IS OPENED

*****MANY TIMES MORE EFFECTIVE THAN ORDINARY RETAIL STORE FILTERS.

THE U. S. ENVIRONMENTAL PROTECTION AGENCY SAYS:OF ALL ENVIRONMENTAL PROBLEMS, INDOOR AIR POLLUTION IS ONE OF THE GREATEST THREATS TO PUBLIC HEALTH. THE AIR YOU BREATHE INDOORS MAY BE UP TO 25 TIMES AND OCCASIONALLY UP TO 100 TIMES MORE POLLUTED THAN OUTDOOR AIR!!



BE UP TO 25 TIMES, AND OCCASIONALLY UP TO 100 TIMES MORE POLLUTED THAN OUTDOOR AIR!!
BAD, STALE AIR IN YOUR HOME CAN ALSO CAUSE:
*EYE, NOSE, THROAT AND LUNG IRRITATIONS**COLDS & FLU***SNEEZING &
WHEEZING***HEADACHES****FATIGUE*****ASTHMA & ALLERGY SYMPTOMS*****WAKING UP WITH
PUFFY EYES, A SORE THROAT, OR A STUFFED UP NOSE...AND MORE!!
CHECK OUT OUR HIGH QUALITY AIR PURIFICATION SYSTEMS NOW...FOR A SAFER, HEALTHIER
ENVIRONMENT INSIDE YOUR HOME!!



Shop at Home Food Service Tip of the Month for January

9 New Years' Resolutions that Will Change your Financial Life

This article is brought to you by MyWealth.com, a leader in online financial education.

Happy New Year from Shop at Home Food Service!!!

Here are some resolutions that we recommend you tackle for 2009:

- 1. Tighten up your budget.** I have been a financial planner for 14 years and I still re-evaluate my budget every year to make it better. If you don't have a budget, start one. We go through this in great detail in our [Personal Finance Course](#). Keep in mind that a budget is simply a plan to get you where you want to go in life, not necessarily a restrictive plan.
- 2. Take inventory.** Your net worth is a scorecard on how well you are doing financially. This has never been so critical. Anyone can add things up when things are going well, but if you are serious about your financial future, you will do it after a year like 2008.
- 3. Be honest about your financial situation.** Most people are a mess right now. So be honest with yourself and look to establish hobbies that are inexpensive like cooking, walks in the park and reading.
- 4. Set realistic goals.** Setting the right kind of goals that are attainable and yet stretches you, is a must. Then you will be able to build upon that goal after it is attained.
- 5. Get an investment strategy.** Sounds real simple, but few people have a definable one. A lot of people never save because they just don't believe they can make their money grow through investing. It's a lot easier than you think, and we offer an [investment course](#) where we help people to develop their game plan.
- 6. Get a retirement plan together.** This is not hard at all, and there are a lot of places on the internet where you can run the numbers yourself. Are you funding you retirement properly? Do you have an age in mind where it financially reasonable to retire? No one can work for ever. We go through this in great detail in our [Personal Finance course](#).
- 7. Make certain you are properly insured.** If 2008 taught us anything, it taught us that bad things can really happen! Make certain that you have adequate life, disability and health insurance.
- 8. Understand your taxes better.** Taxes, for many people, are the single greatest expense of their life. So having





a general understanding of the system will assure you that you are not overpaying but rather taking advantage of strategies, credits and deductions properly. Let us teach you how.

9. **Get Educated!** This is probably the most important resolution of all. Sign up for a course or two, and [our free blog while you're at it](#). After all the financial blunders we have seen in 2008, you can't afford to just have blind faith in others. Knowledge is power and understanding your finances is the key to taking control of your future.



Shop at Home Food Service Testimonial of the Month

*** What Our Customers are Saying About Shop at Home Food Service ***

I have been a customer for over four years with Shop At Home Foods and have been very happy with the service. I started the service while pregnant with my first child. I not only order food through them, but many of my nonperishable goods along with my dog food and cat litter so I don't have to get these heavy items from the store. I would recommend Shop At Home Food Service to anyone who is looking for the convenience of having the majority of your groceries delivered to your home!

Michelle C. , Rutland, MA

News, Notes and Reminders...

- **NEW CUSTOMERS:** \$100.00 off your First Order!
 - **EXISTING CUSTOMERS:** \$50.00 off your Reorder for Every New Customer You Refer To Us! And a Free Food Gift as Our Way of Saying Thank You!
 - **LOOK FOR OUR NEW MEAT PACKS**-These are Great for Birthday Gifts, Customer Appreciation Gifts and Great Sales Incentive Gifts...Coming Soon!
 - **REMEMBER...** You can call us at **1-888-260-7430** or visit our Website at www.shopathomefoodservice.com We welcome your feedback!
 - **HAVE A HAPPY, HEALTHY, PROSPEROUS NEW YEAR FROM ALL OF US AT SHOP AT HOME FOOD SERVICE!!!!!!**
-