

Cleaner. Safer. Healthier.

Vol. 3 | November 2010 | Number 10

Fast Facts



Thanksgiving Turkey—Yes, But What kind?

Fresh or frozen? Free range or kosher? The choices for types of birds can be a little confusing. So here's a quick guide on what the different labels mean:

Butterball: These turkeys don't actually have any butter. The name comes from a British expression for a fat little kid. The turkeys come fresh or frozen. The fresh variety has no added ingredients. The frozen turkey is injected in the breast with a solution of vegetable oil, water, salt, emulsifiers and a preservative. The solution is meant to enhance the flavor and provide moisture that is lost during the freezing process.

Kosher: Kosher turkeys are soaked in cold salt water even before the feathers are plucked. The process draws out the blood and impurities, following Jewish dietary laws. Because they go through both rabbinical and USDA inspections, the birds are very clean. The salt water soak also makes for a more flavorful bird. Kosher poultry are fed an all-natural diet without hormones or antibiotics. The birds are confined but to larger areas than are provided at conventional poultry farms.

Free-Range: These birds are fed an all-natural diet and aren't confined. Often, the birds eat natural feed that is not organic but is tested for chemical residue. Generally, they have more breast meat, about 50 percent less fat and a quarter fewer calories than regular turkeys. However, some consumers have found that free-range turkeys are a little tougher because they're less fatty. Be careful not to overcook them.



Operational Use/Tips

Proper Handling Of Trash And Its Removal

- Never compress trash with your hands
- Trash heavy items like papers and books separately
- Never hug a full bag or sling it over your shoulder
- Don't lift heavy trash bags out of a can— tie it, tip can, and tug it out sideways
- Place all trash on tarps or laid out bags, NOT directly on carpets or floors



In This Issue:

Operational Use/Tips

Fast Facts

Tips from HR

To Your health

Grins & Giggles

HR Q&A

Do you have a question about a personnel policy, benefit, or the company? Just submit your question to: hr@cleanforhealth.com.

Brad Georgetti, our Senior Vice President of Human Resources, or Lynn Domboski, our Director of Human Resources, will be delighted to help by answering your question.

We are committed to helping you by keeping the lines of communication open.





Harmony At Work: Getting Along With Your Co-Workers

Work takes up a good portion of our lives. For the regular full time employee, a regular work week takes up at least 40 hours. Even for part timers, a job can feel like a second home. We spend most of our week with a group of people that are usually not family. Whether or not they're friends though, depends on how well you get along with them.

In actuality, you don't have to be friends with your co-workers, but to make the day go by smoothly, it's wise to be on good terms with them. While you're in the same working environment, being able to talk on a friendly (or at least cordial) basis is highly important. Co-workers that don't get along can make the workplace tense not only for themselves, but for those around them as well. Even if you don't particularly care for a fellow employee, doing your part to keep the peace can go a long way towards showing true professionalism in your job.

The following is a list to keep in mind when getting along with your fellow employees is important:

- **Don't hesitate to be friendly.** Smile and say hello to your co-workers. Reaching out will let them know you're not being aloof. It will also make you more approachable, and once you make greeting people a habit, you may find yourself being included in more conversations.
- **Have a little patience.** You may not like everyone you work with, but have a little tolerance for those who just seem to rub you the wrong way.
- **Don't gossip.** Handle problems professionally by bringing them directly to the employee you have them with or to a manager. By not jumping on the gossip bandwagon, you'll not only be setting an example, you'll also be guarding yourself from saying anything that could come back to haunt you.
- **Be respectful no matter the situation.** Do your part to get along with everyone's ideas, input, and work ethic, even if it doesn't match yours. Show appreciation for the work of your fellow employees and compromise to finish projects. Working with different personalities can be a learning experience, but only if you respect what others can bring to the office.
- **Don't throw stones in glass houses.** Don't complain about others doing what you may be doing yourself. If you complain about someone else taking time off or being constantly late, make it a point to be on time and call in as little as possible.



Grins & Giggles



Quotable

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.
-John F. Kennedy

To Your Health



Eat a Banana!

Bananas are available all year and are a great source of energy whether you are watching your diet or just trying to eat healthy. Bananas contain no fat, sodium, or cholesterol. They are rich in vitamin B6 and are a good source of fiber, vitamin C, magnesium and potassium.

Convenience and nutritional value of bananas make them a good post exercise snack. During long exercises your body loses vitamins and minerals and a banana replaces these nutrients as well as giving you the energy you need.



Shellville
FACILITY SERVICES
A DIVISION OF MATRIX

780 Fifth Avenue, Suite 115, King of Prussia, PA 19406
Phone: 610.584.0888 | Fax: 610.584.0896
www.shellville.com

FOLLOW US ON TWITTER: [ShellvilleClean](#)



Matrix
Integrated Facility Management

19 Avenue D, Johnson City, NY 13790
Phone: 800.338.5603 | Fax: 607.644.1081
www.cleanforhealth.com

FOLLOW US ON TWITTER: [MatrixClean](#)