



We Are Nature's Baker.



Fall 2007

Dear Club Member,

Welcome to our first eRecipe Club Newsletter—where great taste meets great health! We're thrilled to share recipes, serving suggestions, nutritional information and helpful tips to make your meal planning easy, healthy and delicious.

To find out how exciting breads can help you and your family meet nutritional goals, check out the [Whole Grain Health Lane](#) in every issue of our eRecipe Club Newsletter.

Eat well and be well,

Flowers Foods Kitchen Staff

Tailgating Time! These easy, tasty and healthy sandwiches will score big points at your favorite sporting event! Check out our Tailgating Tactics for a great game plan.



BBQ Chicken-Cheddar Sandwiches

Smoky sauce, caramelized onions and cheddar mingle with shredded chicken on the grill for tailgating sandwiches that taste too good to be good for you!

<< Click the card for recipe

FEATURED RECIPES

Caprese Sandwiches



A famous Italian salad is sandwiched between delicious whole-grain bread for a super-easy tailgating meal.

"You're A Star" Sandwich



Send your kids back to school with a fun - and nutritious - star-shaped sandwich!

Also check out this recipe from Cobblestone Mill.

Grilled Sirloin Sandwiches with Pico De Gallo



Break the burger rut with this healthier option at your tailgating party. Lean steak is grilled, sliced and served in Cobblestone Mill toasted rolls with a fresh tomato salsa.

Tailgating Tactics!

Before you head out to the game, run down this handy list of tailgating tips to keep your party safe and fun!

- Select foods that can either be prepared ahead and easily transported or cooked at the event on a grill.
- Pack foods in coolers in reverse order: the last items packed are the ones used first.
- Wrap any raw meats, poultry or fish securely to prevent juices from leaking and contaminating other foods.
- Pack non-perishable foods separate from perishable foods. Keep beverages in a separate cooler since it's usually opened more often and may not stay cold enough for perishable foods.
- Follow food safety temperatures when transporting foods: cold foods should be kept at 40°F or lower and hot foods at 140°F or higher.
- A full cooler maintains safe temperatures longer than a partially filled one. Pack any remaining space with ice packs.
- Bring hand sanitizers (liquids or wipes) to clean up after eating if water is not available.
- Leftover food that has been outside for one hour on hot days should be thrown away. When in doubt, throw it out!



WHOLE GRAIN HEALTH LANE

[Click here to learn more.](#)



[Click here](#) to view more healthy recipe ideas from Nature's Own.

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