

January 2023

THE DELGROSSO FAMILY OF COMPANIES
MONTHLY NEWSLETTER

Happy New Year!



Happy New Year!



Happy

**ALONG WITH FANS
THROUGHOUT
PENNSYLVANIA AND
THE WORLD, WE MOURN
THE LOSS OF NFL
LEGEND AND FRIEND
FRANCO HARRIS.**

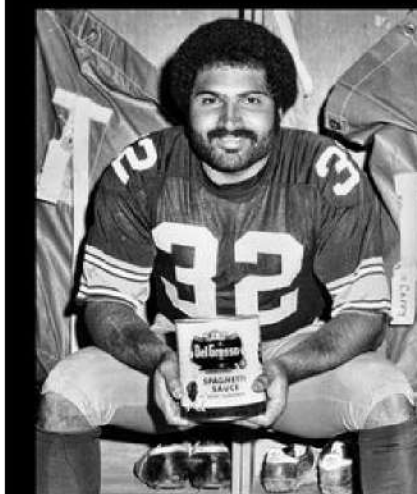
We extend our deepest sympathies to Franco's wife Dana, their son Dok, extended family members, and friends.

Franco Harris was one of the greatest athletes of his generation and had an immeasurable impact on the game of football, the Hall of Fame community, and his beloved city of Pittsburgh.

He was the namesake and leader of Franco's "Italian Army" as well as dear friend to the DelGrosso Family.

***We will miss him greatly,
Franco forever.***

**FRANCO HARRIS
1950 - 2022**



Along with fans throughout Pennsylvania and the world, we are saddened by the tragic news of NFL legend Franco Harris's passing.

We extend our deepest sympathies to Franco's wife Dana, their son Dok, extended family members, and friends.

He was one of the greatest athletes of his generation and had an immeasurable impact on the game of football, the Hall of Fame community, and his beloved city of Pittsburgh.

He was the namesake and leader of Franco's "Italian Army" as well as a dear friend to the DelGrosso family.

We will miss him greatly, Franco forever.



DELGROSSO'S PARK LIFEGUARDS GO FOR THE GOLD!

Congratulations to our Laguna Splash Lifeguards for receiving the Gold International Aquatic Safety Award from Ellis & Associates for the 2022 Summer Season!

Ellis & Associates partners with their clients from around the world to provide a comprehensive suite of safety and operational solutions for any type of aquatic facility. They perform unannounced visits three times a summer to grade the facility and their lifeguards on their protocols.

In 2021, our team received the Silver Award. The Aquatics Management and Lifeguard Team made it a goal to elevate their ranking this season. This year, the department accomplished their goal and was awarded the Gold International Aquatic Safety Award.



**Great Job,
Aquatics Team!**



TOYS FOR TOTS - ALTOONA GRAND HOTEL AVENUE OF TREES 2022!

The 2022 holiday season marked the 75th anniversary of the Marine Corps Reserve Toys for Tots Program!

Marketing Coordinator Amie Uliano-Parisi decorated the DelGrosso Family of Companies Tree for the Altoona Grand Hotel Avenue of Trees - Toys for Tots Campaign. Trees were on display throughout the holiday season for visitors to enjoy.

One hundred percent of the money raised helped the U.S. Marine Corps purchase toys for children in need from our area.





BELLWOOD BLUE ANGELS PROGRAM 2022!

OUR CORPORATE FAMILY

DELGROSSO FOODS

Chairman of the Board/Treasurer:

James DelGrosso

President/CEO:

Joe DelGrosso

Secretary:

Bo DelGrosso

COO:

Matt DelGrosso

CFO/Assistant Secretary:

Aaron Gray

Chief Sales & Marketing Officer:

Michael DelGrosso

DELGROSSO'S PARK

President/CEO:

Carl Crider, Jr.

COO:

Scott Crider

Treasurer:

James DelGrosso

Secretary:

Joe DelGrosso

CFO/Assistant Secretary:

Aaron Gray

MARIANNA FOODS

President/CEO:

Bo DelGrosso

Treasurer:

James DelGrosso

Secretary:

Joe DelGrosso

CFO/Assistant Secretary:

Aaron Gray



EMPLOYEES FROM THE DELGROSSO FAMILY OF COMPANIES (DELGROSSO FOODS, DELGROSSO'S PARK, AND MARIANNA'S FUNDRAISERS) HELPED TO FILL 10 BOXES OF SUPPLIES FOR THE BELLWOOD BLUE ANGELS PROGRAM!

This volunteer program collects supplies to help needy families in the Bellwood area.

In 2021 – the Blue Angels helped 35 families and 101 foster children.

Thank you to all of the Employees who donated items for the 2022 Christmas campaign.

AVAILABLE AT PARK OFFICE ONLY!

(Mon-Fri, 8:30am-4:30pm for sales)

PRE-SEASON SPECIAL

**BUY NOW
& SAVE**

\$1.50*

BUY 1 \$10.00 EA.

BUY 2 \$9.50 EA.

BUY 3+ \$9.00 EA.

***Please Note: 2023 Refillable Cups purchased
at Pre-Season Prices do not include Free First Fill**

Info & Pricing Subject to Change



**FOUNTAIN
BEVERAGE
AND BREWED
ICED TEA ONLY**

Live Well Monthly

Resources for Better Wellbeing

powered by

navigate[®]



Gallagher

Insurance | Risk Management | Consulting

The Microbiome: What it is and Why it is Important

In 2001, the term microbiome began circulating within scientific communities. Defined¹¹ as an “ecological community of commensal, symbiotic, and pathogenic microorganisms that literally share our body space,” the microbiome has been found to have direct ties to our health.



What is the Microbiome?

Our bodies contain roughly 100 trillion microorganisms. That is 10 times more than the number of cells in the human body. Weighing up to five pounds by some estimates, these microbes play a role in immune function, metabolism, and weight regulation.

Why Your Microbiome is Important

The makeup of your microbiome is thought to determine, and sometimes even predict, your health risks. For example, it is now understood that people who are overweight have a different composition of microorganisms than people who are at a healthy weight. This has led some experts to believe that the bacteria in our gut are involved in metabolism and appetite regulation.

How to Support a Healthy Microbiome

Poor eating habits can result in an imbalance (dysbiosis) of bacteria. Specific foods have been shown to support the good bacteria in your gut, namely probiotics and prebiotics. To support your microbiome, choose more of these foods:

Probiotics

Probiotics are live bacteria. Fermented and cultured foods are easy to find in most supermarkets, but they can also be prepared at home. Good sources of probiotics include:

- Kombucha
- Yogurt
- Sauerkraut
- Kimchi

Note: Pregnant and breastfeeding women should consult¹² with their doctor before consuming kombucha in the third trimester due to blood thinning properties.

Prebiotics

Prebiotics are specific types of plant fibers that support the bacteria living in your digestive tract. Good sources of prebiotics include:

- Jerusalem Artichokes
- Dandelion Greens
- Chicory Root
- Onions
- Asparagus

Focus on high-fiber plants and fermented foods to support a strong microbiome.



11. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC279217/>

12. <https://health.clevelandclinic.org/what-are-kombuchas-health-benefits-and-how-much-can-you-safely-drink/>

Part-Time Years of Service Award!



Bob Miller (R)
Night Security Officer
20 Yrs DGF

Full-Time Years of Service Awards!



Juls Bratton (L)
Regional Sales Manager
10 Yrs MFS



Kris Wolfe (L)
Dir. Prod. Planning & Admin.
10 Yrs MFS



Amie Uliano-Parisi (L)
Marketing Coordinator
15 Yrs DAP



Jesse Stringer (R)
Maintenance Tech III
10 Yrs DAP



Dave Taddei (R)
Executive Chef
10 Yrs DAP



Terri Fubio Shontz (L)
Sr. Dir. Private Label Sales
15 Yrs DGF



Janice Hartman (M)
Food Safety/Quality II
15 Yrs DGF



Aaron Gray (R)
Chief Financial Officer
10 Yrs DGF



Dick Hnatkovich (R)
Packaging II
10 Yrs DGF



Daniel Mann (R)
Cook Room III
10 Yrs DGF



James Shawley (R)
Prep Room I
10 Yrs DGF



Bruce Clark (R)
Cook Room II I
10 Yrs DGF



Jason Dixon (R)
Cook Room III
10 Yrs DGF

12 Days of Christmas Gift Card Drawing Winners!



Scott Crider
Day 1



Jared Gaylord
Day 1



William Helms
Day 1



Cameron Huff
Day 2



Mike Damin
Day 2



Matt Haney
Day 3



Tracy Shoop
Day 3



Cody Kensinger
Day 4



Matt Yingling
Day 4



Pam Sta Ana
Day 4



Tyler Wilson
Day 5



Allen Potts
Day 5



Jay Campbell
Day 6



Tim Miles
Day 6



Diane Harris
Day 6



Rebecca Hartman
Day 6



Allan Beckwith
Day 6



Mike Moschgat
Day 7



Aaron Delay
Day 7



Marlee McDonald
Day 7



Ryan Lingenfelter
Day 7



Josh Keagy
Day 8



Allen Deffibaugh
Day 8



Mike Megahan
Day 8



Wyatt Snyder
Day 8



Josh Maceno
Day 8



Kris Shields
Day 8



Melodie Stanley
Day 9



Cody McFarland
Day 9



Amy Hutton
Day 9



Jim Mayall
Day 10



Todd Walters
Day 10



Luke Kormanski
Day 10



Bernie Moschgat
Day 10



Dale Lenning
Day 11



Trevor Shope
Day 11



Juls Bratton
Day 11



Ben Weaver
Day 11



Jennifer Shannon
Day 11



Todd Hill
Day 12



Megan Drummond
Day 12



Bryan McMullen
Day 12

**Congratulations,
Yearly Drawing
Winners!**



Bill Yoder
Yearly DGF
Awesome
Sauce Winner!



Amie Uliano-Parisi
Yearly VISTO
Award Winner!

Marianna Foods Employee Spotlight!

HOAGIE HERO



ARLENE KELLER

- ★ How Long at Marianna's: Almost a year
- ★ Favorite Hoagie: Italian
- ★ Favorite Pizza: Pepperoni
- ★ Love Most About the Job: The team, great bosses, friendly atmosphere, and family values.

HOAGIE HERO



WESLEY WANCE

- ★ How Long at Marianna's: Almost a year
- ★ Favorite Hoagie: Smoked Ham & Cheddar
- ★ Favorite Pizza: Pepperoni
- ★ Love Most About the Job: The work environment. Marianna's has great management and my awesome coworkers! Overall, it's just a great place to work.

DelGrosso Foods Employee Spotlight!

AWESOME SAUCE EMPLOYEE



OLIVIA VAZQUEZ

- Title:** Director of Food Safety & Quality
How Long at DGF?: 3 ½ Years
Favorite DGF Sauce: Pepperoni Pizza Sauce
Favorite Meal You Make with the Sauce: Make Your Own Pizza Night!
What Do You Like Best About Working at DGF?: My Work Family!

AWESOME SAUCE EMPLOYEE



Dale Lenning

- Title:** Warehousing/Palletizer Operator
How Long at DGF?: 17 Years
Favorite DGF Sauce: Vodka Sauce
Favorite Meal You Make with the Sauce: Lasagna
What Do You Like Best About Working at DGF?: My Work Family!

Welcome TO THE TEAM!



Bruce Makin
MFS
Delivery Driver



Beverly Woomer
DG2Go Pizza
Team Member



Devon Gardner
DGF
Maintenance Tech II



Nathan Baronner
DGF - 2nd Shift
Sanitation I



Walid Ahmed
DGF
Cook Room I



Happy Retirement to Mary Crowell, one of our DelGrosso Foods Awesome Sauce Employees!

Job Title: Lab Tech I
 Years of Service: Over 26 years
 Congrats on your retirement!

thought for the week:

"What would you attempt to do if you knew you would not fail?"

quote for the month:

"Reset, restart, refocus. But don't you dare give up on your dreams." - unknown

DelGrosso Foods

Dick Kensinger
Scott Rutherford
Brett Garlock
Billie Fisher
Tyler Fortney
Ian McFarland
Paul Morrison, Jr
Connie Barroner
Brenden Beckwith
Andrew Cross
Kris Shields
Todd Walters
Chad Fortney
Bryan McMullen
Lisa Pier
Allen Deffibaugh
Walid Ahmed
Mohamed Eltayeb

Marianna Foods

Lexy Johns
Ce Ce Caporuscio
Amber Spino
Paul Vaughn, Sr.
Judy Dent
Michael Schmoke
James Tomchick

DelGrosso's Park

Brenda Black
Amy Mearkle
Jesse Stringer

*January Is: National Blood Donor Month
& National Soup Month!*

Special Dates!

1st

New Year's Day



4th

National Spaghetti Day



6th

Cuddle Up Day

8th

Bubble Bath Day

12th

Hot Tea Day



15th

National Bagel Day

19th

National Popcorn Day



20th

National Cheese Lover Day

23rd

National Pie Day

Happy Birthday

