

GUARANTEED GAZETTE

www.guaranteedtransportservice.com

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The Pete Store LLC

1,437 followers

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Congratulations to last week's Highway Hero, Darlene Cook!

Darlene works for Guaranteed Transport Service, a food grade tanker company running 48 states hauling goods such as eggs, oil, vinegar, milk, and juice! THANK YOU, DARLENE!

To nominate a Highway Hero, visit the link below:

contests.thepetestore.com

[#ThePeteStore](#) [#BiltForService](#) [#Peterbilt](#)
[#highwayheroes](#) [#thankatrucker](#)

Highway Hero Contest

In an effort to recognize the hardworking truck drivers that are #Keepingamericamoving, The Pete Store is holding a Highway Heroes Contest. Anyone can nominate a truck driver by sending in a picture of the driver with their truck or in the truck, include their name and what they do. Every week starting April 24th a Highway Hero and their nominator will be chosen to receive a Peterbilt Gift Package. The contest is currently running on Facebook, Instagram and LinkedIn.

Our driver, Darlene Cook was the first winner of the Highway Hero Contest,

CONGRATULATIONS Darlene!!!

Every week Amy is sending in pictures of GTS drivers with their truck. Follow The Pete Store on Facebook to see who the other winners are in the next few weeks.

The picture on the left was posted on FB, Instagram and LinkedIn.



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Milk Market Faces Huge Shift in Demand

The Southwest New York Dairy, Livestock, and Field Crops Program would like to reassure the region's consumers that there is no reason for concern regarding the safety of our food system or threats of food shortages. This has been supported by the Institute for Food Safety at Cornell University. Farms nationwide, including dairies, have been deemed essential businesses and are still working daily to produce safe, wholesome foods that families can enjoy – even during this uncertain time.

While farms have been out plowing fields to plant new crops, pruning vines to grow grapes for juice, and caring for livestock to produce meat, milk, and eggs – consumers have been visiting grocery stores and buying the staples they need. What we're experiencing in the form of empty store shelves is a disruption of the supply chain. While many hardworking people are committed to mending this situation, it will take time to balance out.

You may have seen videos or news stories of local dairy farms having to “dump” the milk that they have worked diligently and caringly to produce. This unfortunate situation is happening while dairy cases at retail stores are empty or are limiting quantities available for purchase. This disconnect has raised a lot of questions from both farmers and consumers and does not have a simple solution. The current challenge the market faces is a huge shift in demand and interruptions in distribution caused by the current pandemic.

Milk, while incredibly nutritious and affordable, is a challenging and perishable product to produce and prepare for sale. As one of the most regulated food products in our country, there is a limited amount of time between milk leaving the farm in large tanker trucks to when it's made into a final product. Because of this perishability, farmers can't hold onto milk when buyers aren't taking orders or store it until prices are high - they have to sell their milk, or dispose of it responsibly, within days of production.

Additionally, milk is a raw product that has to be standardized, homogenized, and pasteurized before it can be sold in supermarkets and consumed. The facilities that perform these activities are currently backed up and operating at their fullest capacities as they work to catch up with the rush of orders from supermarkets.

The milk produced in the U.S. is sold domestically to wholesale buyers (restaurants, schools, coffee shops), retailers (grocery stores), and is exported (usually as dried products). With the current global economic uncertainty, export levels have dropped. As restaurants and schools close their doors, or switch to lower volume deliveries, that demand has also decreased by an estimated 60%. Positively, at the retail level, we have seen demand increases of up to 40% in supermarkets and grocery stores. However, this increase in demand isn't enough to balance the market, and the National Milk Producers Federation estimates that milk supply is exceeding demand by at least 10%.

While we often think of milk as our companion to cookies and our morning cereal, it is also made into things like cheese, yogurt, evaporated milk, and ice cream. These products require additional time and costly infrastructure investments to produce. It's not easy for milk plants and production facilities that were set up to make 50-pound bags of shredded cheese for large scale buyers to quickly convert to packaging one-pound bags for retail. Similarly, fluid milk plants that were producing cartons or large bags of milk for schools and other institutions can't easily switch to bottling one-gallon containers. The shift from bulk packaging to meeting the needs of home consumers is also creating delays in getting milk from farm to fridge.

Dairy farmers work 365 days a year to care for their cows and produce milk using best management practices. Dumping is the last resort. Milk is still a safe, healthy, high-quality product, but farmers can't just “stop” production, even if there is no place for it to go. Cows are not a valve that can be slowed or shut off for periods of time. If there isn't a buyer for the milk right away, the only alternative is to dispose of it properly.

There have been questions about why milk that is being dumped can't be diverted to local food banks. Unfortunately, this raw product can not be donated directly from the farm and has to be bottled first. This is a costly process, and there is currently no extra capacity at existing facilities to bottle milk, for donation or sale, that would have been dumped.

The best thing consumers can do to support their local dairy farms is to be patient and buy extra dairy products when they are able to do so safely. Consider buying extra milk and butter for a neighbor, choose yogurt as a healthy breakfast option, and enjoy a bowl of ice cream in the evening. Industry leaders are working with corporate grocery chains to remove limits on dairy purchases and restock stores to help make this even easier.

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Fun Facts

- Sea otters hold hands while sleeping to keep from drifting apart.
- Turtles can breathe through their butts.
- Gentoo penguins propose to their lifemates with a pebble.
- In China, killing a Panda is punishable by death.
- Spiders can't fly.
- The closest relatives to the elephant shrew are actually elephants, not shrews.
- Some sharks glow in the dark.
- Seahorses mate for life, and when they travel, they hold each others tails.
- Some snails have hairy shells.
- Before chicks hatch, they can communicate with each other and their mother through a system of sounds.
- Frogs can freeze without dying.
- Dogs nose prints are as unique as human fingerprints and can be used to identify them.
- Turrityopsis nutricula immortal jellyfish is the only species known to live forever.
- Squirrels will adopt other squirrels babies if they are abandoned.
- Ghost crabs growl using teeth in their stomachs.
- Female lions do 90% of the hunting.
- Some pigs in China are the size of bears.
- A grizzly bears bite is strong enough to crush a bowling ball.
- Zebra stripes act as a natural bug repellent.
- Reindeers eyes turn blue in the winter.
- Sloths can take up to a month to completely digest a single leaf.

4 Healthy Eating Tips

1. Keep up fruit and vegetable intake

Whenever it is possible to get hold of fresh produce, do so. As well as being eaten fresh, fruits and vegetables can be frozen where possible and will retain most of their nutrients and flavor.

2. Swap in healthy dried or canned alternatives when fresh produce is not available

Canned beans and chickpeas, which provide an abundance of nutrients, can be stored for months or even years, and can be included in meals in many ways. Canned oily fish such as sardines, mackerel and salmon are rich in protein, omega 3 fatty acids and a range of vitamins and minerals. These can be used cold in sandwiches, salads or pasta dishes, or cooked as part of a warm meal.

Dried goods like dried beans, pulses and grains such as lentils, split peas, rice, couscous or quinoa are also nutritious, long-lasting options that are tasty, affordable and filling. Rolled oats cooked with milk or water can serve as an excellent breakfast option, and can be spiced up with yoghurt, chopped fruits or raisins.

3. Build up a stock of healthy snacks

Rather than eating sweets or salty snacks, opt for healthier options like nuts, cheese, yoghurt (preferably unsweetened), chopped or dried fruits, boiled eggs, or other locally available healthy options. These foods are nutritious, more filling, and help build healthy eating habits that last a lifetime.

4. Limit highly processed foods

While using fresh produce may not always be possible, try to limit the amount of highly processed foods. Ready-to-eat meals, packaged snacks and desserts are often high in saturated fat, sugars and salt. If you do purchase processed foods, look at the label and try to choose healthier options containing less of these substances. Try to also avoid sugary drinks and instead drink lots of water. Adding fruits or vegetables like lemon, lime, cucumber slices or berries to water is a great way to add an extra twist of flavor.



"Don't cry because it's over, smile because it happened."

- Dr. Seuss

"No one can make you feel inferior without your consent."

- Eleanor Roosevelt

How to Properly Put On / Take Off a Face Mask

How to Put the Mask On

1. Wash your hands with soap and water for at least 20 seconds. Dry your hands with a clean paper towel and throw the paper towel away.
2. Check the mask for any defects such as a tear or missing tie or ear loop. Throw away any that are defective.
3. Make sure the exterior (usually yellow or blue) side of the mask is facing out, away from your face.
4. Place the mask on your face with the blue side facing out and the stiff, bendable edge at the top by your nose.
5. If the mask has ear loops, put one loop around each ear.
6. If the mask has ties, pick up the mask by the ties and tie the upper ties behind your head with a bow.
7. Once the mask is in place, use your index finger and thumb to pinch the bendable top edge of the mask around the bridge of your nose.
8. If the mask has a lower tie, then once the mask is fitted to the bridge of your nose, tie the lower ties behind your head with a bow.
9. Make sure the mask is completely secure. Make sure it covers your nose and mouth so that the bottom edge is under your chin.
10. Wash your hands.

Removing the Mask

1. Wash your hands before removing the mask.
2. Do not touch the inside of the mask (the part over nose and mouth). It may be contaminated from your breathing, coughing or sneezing.
3. Untie or remove the ear loops and remove the mask by the straps.
4. Throw the mask in the trash.
5. Wash your hands.

Please Note: If you are using a reusable cloth mask, at the end of the day, take the mask off from the straps (not touching the front), place in a pillowcase to keep the ties with the mask. Wash it in the washing machine with hot water and completely dry on medium or high heat.



Did you know?

Drinking something hot will cool you down.....

Conventional wisdom may tell you that if you are hot, drinking something cold will cool down your body. However, research has shown that on a hot day, drinking a hot beverage may help your body stay cool. The reason being that when you drink a hot drink, your body produces sweat to cool down your body temperature. Initially you may be adding heat by drinking the hot liquid, but the amount of sweat that your body produces to cool down more than makes up for the added heat from the liquid. The increased perspiration is key; when the sweat evaporates from your skin, it is able to cool down your body temperature.

Contact Us

833-487-8265

Dispatch — Option 2

Recruiting — Option 1

Payroll - Option 3

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