

PACIFIC BREEZE

Smell Good Guys® since 1973

January-February 2020 Newsletter NO. 100

REAL ODOR CONTROL SOLUTIONS

CELEBRATING

100

EDITIONS OF PACIFIC BREEZE USA

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HEALTH & LIVING

BECOMING A BETTER YOU!

Here are 5 ideas to start the new year right that don't involve dieting or a crowded gym.

1. Food: Make more homemade foods during the week. If you cook three days out of the week, shoot for four. Try to avoid pre-packaged foods that contain chemicals and ingredients that you can't pronounce. This will help your pocket book in the long run when you can purchase in bulk. Eating out can add up especially when you are paying for a family. Need inspiration? Websites like Pinterest have any and every recipe you could ever want.

2. Organize: Purge your closet. Organize your clothes by season and put the out of season clothes in tubs. When the season arises pull out the tub and try to wear everything in that tub at least once. You will see which clothes you didn't wear and should be donated.

3. Intellect: Read more. Remember those paper sheets with thousands of small words on them bound by a spine called books? Put down your social media and read something that interests you. Something that takes longer to read than a brief news article or a short blog. Educate yourself on something that expands creativity and takes you away from your everyday life.

4. Routine: Create a positive habit. Find something that you wish you would do or a mindset you wish you would have and go for it.

It is better to think about building good habits than breaking bad habits. Building good habits puts you in a positive mind set and doesn't allow you to focus on the negative parts of your life. Examples of good habits: Get "blank" hours of sleep, get ready for work or school the night before, or try to remain calm while driving.

5. Savings: It's never too late to start saving. Find a financial plan that works for your budget. There are 1,000 and 1 different plans you can read for free online that will work for you no matter how much you make. Keep a journal or log so you can monitor your progress. It could be as little as eating out one less day a week or making your own coffee at work instead of the drive thru.

JOKES OF THE MONTH

HA-HA-HAVE A LAUGH

Q: When I grow I come closer to the ground. A: An icicle!

Q: How do you prevent a Summer cold? A: Catch it in the Winter!

Q: What did the snowman say to the customer? A: Have an ice day!

Knock Knock
Who's there?

Snow
Snow who?

Snow use. I forgot my name again!

WINTER ACTIVITIES

HOME TIDYING & CLEANING TIPS

Since it is winter, you most likely won't have to do much yard work, but you may have some tidying up to do around the house. Here's a list of household cleaning reminders that we appreciate.

Wipe your windows down with glass and plastic window cleaner. Cleaning your windows on a cool day helps with preventing streaks.

Light fixtures throughout can be easily overlooked. Try using a damp cloth or microfiber towel to attract the dust.

Take a moment to inventory and clean out your

kitchen cabinets and refrigerator. Food gets pushed around to the back and is forgotten. Throw out any expired or spoiled food, and clean your shelving with spray and wipe cleaner.

Gutters can quickly pile up during the winter season with compost material. Emptying them out can help fix draining and moisture problems.

SIMPLE DINNER RECIPES

30 MINUTE MEXICAN RICE

Add this delicious 30 minute Mexican Rice to your next home-cooked meal. This recipe requires no experience with cooking and is extremely easy to make. Be sure to try this easy 30 minute Mexican Rice recipe today!

Ingredients:

- 3 Tbsp vegetable oil
- 1/4 onion diced
- 2 cups long grain rice
- 3.75 cup chicken stock
- 5 Tbsp salsa
- 1/4 cup diced carrot
- 1/4 cup diced celery
- 2 tsp seasoning salt

Instructions:

1. Sauté the onion, carrot, celery with vegetable oil for 3-4 minutes on medium heat.
2. Toss in the rice and cook for 3 minutes or until pearlized.
3. Add the stock, salsa, and bring to boil. Turn to low, cook for 24 minutes, then fluff and let dry out.
4. Serve and enjoy!



STRESS FREE™ AIR FRESHENER

EUCALYPTUS MINT

FOR YOUR LOBBY, OFFICE, BATHROOM, BEDROOM, KITCHEN,
KENNEL, AND ANYWHERE ELSE ODOR IS A PROBLEM...

There are plenty of air fresheners lining the store shelves, but far too many do nothing more than mask bad odors. That leads to strong perfume like scents that unpleasantly mix with existing odors and ultimately fade away, revealing the smells you were trying to hide and putting you back at square one.

Thankfully, the Stress Free™ Odor Elimination Air Freshener is different. Instead of just masking bad odors, this Odor Eliminating Mist gets rid of odor at the source while leaving behind a light and refreshing scent of Eucalyptus Mint.

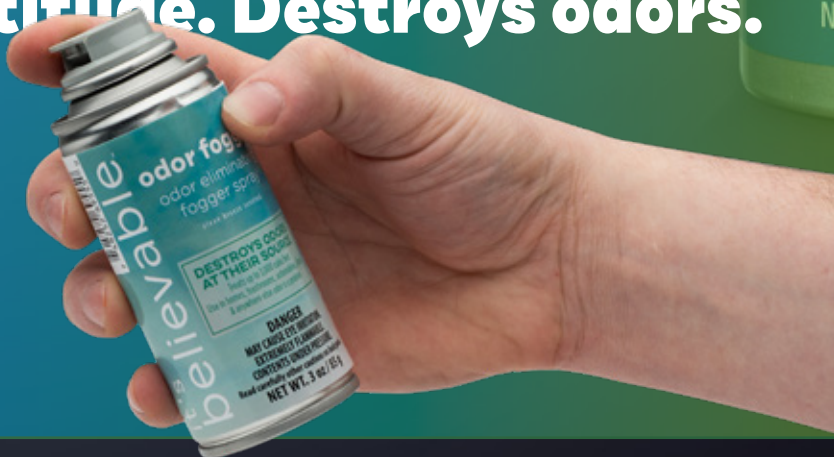
In a matter of seconds, you can transform any room into a stress-free, worry-free zone of relaxation that's ready to welcome you and all of your guests without fear of bad odors creeping back in.

Try Stress Free™ Eucalyptus Mint today!

AVAILABLE INDIVIDUAL CAN, CASE, OR PALLET




A tiny can with a powerful attitude. Destroys odors.





SAME GREAT FORMULA
WITH A FRESH NEW



L  **K**

it's believable™ odor fogger
odor eliminating fogger spray



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THE PACIFIC BREEZE EXPERIENCE

Pacific Breeze was founded in 1973 and since then, Pacific Breeze has been providing businesses with products and services ranging from odor control to office supplies becoming an established industry leader. To ensure that our status in the industry is maintained, we at Pacific Breeze demand the highest quality in our products, service, and vendors.

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