



# TWO ICONS ONE BOLD FLAVOUR

J&M AND SIX GUN GRILL FLAVOURED BILTONG  
LAUNCHES ON THE 3RD APRIL 2025





For decades, J&M Famous Biltong has been at the heart of life's best moments, bringing people together with every delicious bite. Six Gun Grill has done the same, becoming a household name for bold, versatile seasoning that enhances every meal.

Now, these two South African favourites have joined forces to create a biltong experience like no other. Seasoned to perfection with Six Gun Grill's signature seasoning, the J&M new flavour packs the punch of heritage and innovation in every bite.

It's bold. It's authentic. It's everything you love about J&M and Six Gun Grill, now in one pack! Launching 3rd of April 2025 Nationally. Let's share the moment.



# SIX GUN GRILL BACK-TO-SCHOOL ROADSHOW: EMPOWERING EDUCATION AND COMMUNITY SUPPORT



The Six Gun Grill Back-to-School Roadshow aimed to inspire and support students in informal areas over a five-day period.

A guest speaker from the Western Cape Education Department (WCED) engaged with learners, emphasizing the value of education and the importance of completing their school years.

The event featured interactive activities, including sandwich-making and dance competitions, fostering a fun and engaging atmosphere.

As a meaningful conclusion, hampers were handed over to the school principal to support the school's feeding scheme, ensuring that students receive daily meals.





# 'What's Cookin' IN THE KITCHEN



## INGREDIENTS

20	Prawns, defrosted
15g	SIX GUN GRILL HOT SEASONING
100ml	Oil for Frying

## METHOD

1. Cut the Prawns open on the top part of the shell from the head to the tail. Remove the black vein.
2. Arrange the prawns on the baking tray and season with the SIX GUN GRILL HOT SEASONING.
3. Paint the oil over the prawns and grill for 5 minutes. They can also be cooked on the braai, placing them cut side down on the grid.

Serve with a sauce of your choice and Savory rice.



# MEET OUR MASCOTS



## S/GA BLAZE

**SPOT THEM  
SNAP THEM  
TAG US!**





# DHL STORMERS BID FAREWELL TO STEVEN KITSHOFF DUE TO A SERIOUS NECK INJURY

Thank You for everything  
**STEVEN  
KITSHOFF**

With Love,  
Your Crown National Family



EVERY MEALS FIERY FRIEND

“The most impactful leaders are often the quietest, whose actions speak louder than words, inspiring others to follow through their consistent example.”

Thank you for everything Steven Kitshoff, your kind, caring and friendly nature made working with you an absolute pleasure. Your Crown National Family wish you all the best for the next chapter, we look forward to seeing you again soon

# INTERNATIONAL MEATBALL DAY 08 MARCH 2025

We celebrated this day with our delicious Six Gun Grill Meatball recipe. Whether you’re serving them on pasta, or solo with a dip, our secret ingredients will take them to the next level.



### INGREDIENTS

- |         |   |
|---------|---|
| 1.5kg   | Ground beef mince                         |
| 200g    | Onions, finely chopped or grated          |
| 6       | Brown bread slices, grated to make crumbs |
| 15g     | Six Gun Grill BBQ Seasoning               |
| 250g    | So Good Italian Tomato Base               |
| 1 litre | Water                                     |
|         | Oil for frying                            |

### METHOD

1. To make the meatballs: put the mince, onions, breadcrumbs and Six Gun Grill spice in a bowl. Blend together and form into balls.
2. Heat some oil in a pan and fry the meatballs, turning them to brown.
3. Whisk the Italian Tomato Base with the water in a pot and bring to the boil. Cook for 2 minutes.
4. Add the meatballs and cook for 10 minutes.

Serve warm with cooked spaghetti. Garnish with chopped parsley.



# OHS CORNER

## ERGONOMICS IN THE OFFICE

Ergonomics is about designing the workspace to fit the worker, thereby promoting comfort, efficiency and productivity. Poor ergonomics can lead to issues such as back, neck and shoulder pain, eye strain and carpal tunnel syndrome.

To practice ergonomics in the office, you should:

- Straighten your posture, whether seated or standing. Avoid slouching or leaning forward for long periods.
- Adjust your chair. Knees should be at a 90-degree angle and feet should rest flat on the ground.
- Ensure your computer monitor is at eye level and minimise glare by adjusting the lighting.
- Bring your keyboard and mouse closer to you so that your elbows form an L-shape at your side and keep your wrists in a neutral position.
- Alter your daily routine. Stand up, stretch or walk every 30-60 minutes to improve circulation and prevent stiffness.

By implementing ergonomic principles, we can reduce workplace injuries and promote a healthier, safer work environment.



For all new story submissions, email us at [eric.ngidi@crownfood.co.za](mailto:eric.ngidi@crownfood.co.za). Follow us on the below platforms if you are not already doing so to see all the activities that happen in the business.

Facebook: @sixgungrill & @crownnational | Instagram: @sixgungrill  
With thanks from the team that goes the extra (s)mile – Eric Ngidi & Jean Adams