

October Means Popcorn Fun...

Celebrate National Popcorn Poppin' Month

(NAPSA)—It's that time of year again when Americans join together to celebrate their favorite crispy, crunchy snacking treat...popcorn! Don't let October pass without celebrating National Popcorn Poppin' Month!

Each fall, popcorn lovers celebrate the harvesting of this nutritious and versatile snack. As farmers head to the fields to harvest their crop, families and friends are expected to join in the celebration by gobbling up more than 18 billion quarts of this naturally fun snack. That's 55 quarts per man, woman and child!

What makes popcorn so popular? It's low in fat, a source of fiber and is packed with energy-producing carbohydrates. But, most of all, it's fun and versatile. Topped with your favorite sweet or savory topping or just plain, it's a wholesome and tasty treat.

Here are a few quick and easy ways to celebrate National Popcorn Poppin' Month at your house this year!

- Have a popcorn party. Create a popcorn bar with sweet and



savory toppings and let your guests create their own popcorn taste sensations.

- Spice up lunch by serving popcorn sprinkled with taco seasoning alongside your favorite sandwich.

- Try a new popcorn recipe each week during October. Visit www.popcorn.org for fun recipe ideas.

For more popcorn information, visit www.popcorn.org or call, toll free, 1-877-POPALOT. Remember, Good Times are Poppin' this October with National Popcorn Poppin' Month.