

MAKING FAMILY LIFE MORE FUN

Make Tonight Popcorn Night

(NAPSA)—Opportunities for family fun literally “pop up” when you make tonight popcorn night. That’s because popcorn is a great companion for just about any family evening.

Popcorn’s versatile nature allows you to enjoy a bowl while at home playing games or by picking up a bag during a visit to an amusement park, zoo or any other family-oriented venue. That’s because popcorn is a low-fat, high fiber snack that can help fuel an evening of family fun.

People associate popcorn with fun because it appeals to four of the five senses. The sound and smell of popcorn popping naturally draw people together. And the sight of those fluffy kernels stimulates the taste buds as they prepare to crunch their way through a bowl or bag.

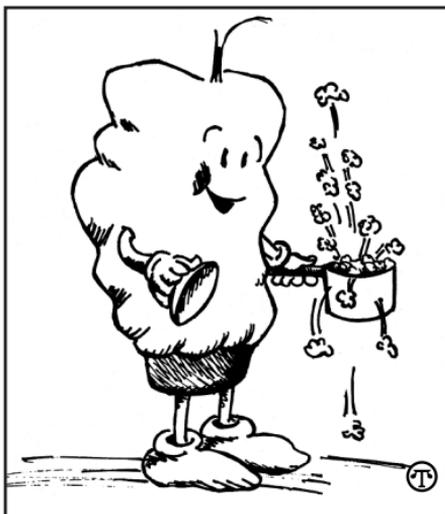
Here are just a few fun and easy suggestions from The Popcorn Board on how you and your family can make tonight popcorn night:

Host a Popcorn Cook Off—Participants receive one cup of freshly popped popcorn. Place out on a table a variety of spices or seasonings. Each participant then seasons their popcorn as he/she sees fit. Let the group sample from each bowl and vote on the best recipe.

Family Entertainment Night—Select a movie or television show that the whole family can watch together. While enjoying the evening’s entertainment, be sure to enjoy the perfect snack for this activity—popcorn.

Bingo—Gather the family together for a game of bingo. Instead of using chips or dots to mark your progress, use popped popcorn. Be sure to keep a big bowl of popped popcorn handy for snacking during the game, too.

For more information visit www.popcorn.org or call 1-877-POPALOT.



POPCORN TRAIL MIX

- 8 oz. raisins
- 6 oz. diced, dried fruit (apricots, apples, etc.)
- 1 quart air-popped popcorn

Put freshly popped popcorn in a large bowl. Add the fruit and raisins. Toss the popcorn and fruit until thoroughly combined.

Nutritional Information (3-cup serving): Total Calories 651; Fat 5g; Saturated Fat 3g; Carbohydrate 162g; Fiber 15g; Protein 8g; Sodium 420mg.

HOMERUN SUGAR CORN

- ½ cup unpopped popcorn
- 3 tablespoons white sugar
- ¼ cup vegetable oil for popping

Heat oil in medium-sized pan until hot. Add popcorn and sprinkle sugar over it. Cover and shake continuously until popped.

Yield: 8 cups.

Nutritional Information (1-cup serving): Total Calories 69.7; Fat 3.7g; Carbohydrate 8.5g; Sugar 2.4g; Fiber 1.2g; Protein 0.9g; Sodium 0.3mg; Cholesterol 0 mg.