

FAMILY FOOD FAVORITES

Nutritional Ideas For Families On The Go

(NAPSA)—With cooler weather on the horizon, children are back in school and quickly heading off to extracurricular pastimes, from gymnastics and soccer to Scouts and football. Throw in Halloween parties, fall festivals and other social activities, and the autumn calendar is jam-packed, leaving little time for family meals.

For most families, eating on the go is nothing new, but with some of the latest selections available in the frozen foods aisle, those eat-and-run moments are becoming increasingly tasty and nutritious.

“Consumers today want to feel good about the foods they serve to family and friends,” said Jennifer Meetz, senior marketing manager, Farm Rich. “They are looking for meals that are easy to prepare, can be served on a variety of occasions and contain premium, wholesome ingredients.”

The Farm Rich brand has introduced some exciting snacks and appetizers that are great as a tasty after-school snack or dinner on the run:

- **Mini Stuffed Panini Sandwiches**—A delicious choice, as the popularity of panini sandwiches continues to grow. Each sandwich is made with 100 percent real mozzarella, Romano and Parmesan cheeses, layered with all-white-meat chicken, crispy bacon



Healthful, flavorful appetizers can make a convenient food solution for families and students who tend to eat on the run.

and a savory artichoke pesto sauce. Stuffed and grilled in a freshly baked flatbread, these premium ingredients deliver scrumptious flavor in every bite.

- **Quesadilla Slices**—These are made with a thin authentic tortilla-style crust that is stuffed with a special blend of 100 percent real mozzarella, cheddar and Monterey Jack cheeses. They are layered with quartered strips of grilled, all-white-meat chicken and zesty tomatillo salsa to produce an irresistible snack or appetizer.

Farm Rich is committed to providing wholesome foods made with real ingredients; both Mini Stuffed Panini Sandwiches and Quesadilla Slices are good sources of protein and calcium, and contain zero trans fat. To learn more, visit www.farmrichfun.com.