

UNDERSTANDING YOURSELF

What Kind Of Nut Are You?

(NAPSA)—A guest crosses the threshold of the door and arrives at a big, loud party. Does she make a grand entrance or does she quietly greet other guests on her way to the kitchen, where she checks on the busy hostess and offers her help?

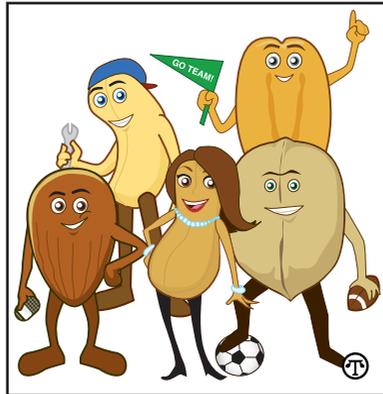
The answers to 10 questions like that can help you determine your “nut” personality in an online quiz. Inspired by a study done by the founder of the Smell and Taste Treatment and Research Foundation in Chicago, it’s a lighthearted approach to personality profiling.

You just go to the Fisher Nuts website (www.fishernuts.com) or Facebook fan page (www.facebook.com/fishernutsbrand) and answer multiple choice questions such as: How do you feel at home? How do you feel at work? What is your personal motto? What would your perfect day be? What did you really want to say to that person?

How you reply can tell you which of five types of nuts you resemble:

- **Salted Peanuts:** dramatic extroverts who crave novelty and thrive as the center of attention. They are easily bored with the usual routine and, while charming in social situations, are sensitive to criticism and rejection. These are people to take to a party. They probably love roller coasters and karaoke.

- **Almonds:** scrupulous, conscientious, moral perfectionists who have high standards for themselves and others. While intensely motivated, they tend to



A fun quiz can help you see your personality in a nutshell by visiting www.facebook.com/fishernutsbrand.

become overcommitted at work or home, taking on more projects than they can comfortably complete. A hands-on approach to problems makes almond lovers excellent workers.

- **Pecans:** devoted, loyal, true friends. Overly generous, pecan lovers will consider others’ needs before their own. Dependable, they are most comfortable with the usual routines of life. They are tenacious, committed team players who don’t require adulation, being satisfied sharing accolades with their friends, family or co-workers.

- **Cashews:** empathic, easy-going and well adjusted. Cashew lovers make for a great spouse or parent. Calm and levelheaded, they can be depended on in times of crisis or emergency. A cashew is a good person to have around when the plumbing goes awry or

the lights go out. He or she just knows what to do.

- **Walnuts:** aggressive, achievement-oriented, natural leaders. Competitive, successful, driven, intolerant of defeat. Walnut lovers demand the best at work and at home. They are easily irritated with the routine side of life. They cannot tolerate life’s inconveniences, such as being stuck in rush hour traffic or waiting in long lines.

Packed with protein and other essential nutrients, nuts are a healthier choice than many snack options. In fact, according to the U.S. Food and Drug Administration, “diets containing one ounce of nuts per day can reduce your risk of heart disease.” Nuts also have a better balance of good versus bad fat than many traditional snacks and include fatty acids that are good for cellular health.

As for the first question, those who make a grand entrance with flair might turn out to be peanut people—dramatic extroverts who thrive at the center of attention. Those who check in with the hostess first would likely be pecan people—overly generous folks who consider others’ needs before their own.

Which nut are YOU? Just go to fishernuts.com or facebook.com/fishernutsbrand and find out!

John B. Sanfilippo & Son, Inc. (NASDAQ: JBSS) is a leading processor, marketer and distributor of shelled and in-shell nuts and snacks including the Fisher, Orchard Valley Harvest and Sunshine Country brands.