



FOR IMMEDIATE RELEASE **CONTACT:** Greg Dawson
312-988-2009
gdawson@webershandwick.com

**SNACK MAKEOVER: SWEET AND JUICY SNACKS CAN BE
DELICIOUS, NUTRITIOUS AND LOW CALORIE**

Add Nutrition to Kids' Snacks This Winter with Sweet, Seasonal Clementines from Spain

NEW YORK (Dec. 11, 2006) – While the popularity of pre-packaged “100-calorie” snacks has made snack time a no-brainer for many moms and eased fears of overfeeding an increasingly overweight youth population, children might be missing out on one of the key benefit of snacks – nutrition. One nutrition expert is calling for moms to “makeover” snack time with some easy and nutritious ideas.

It’s not just calorie content that matters, but the nutritional quality of the foods kids eat between meals, according to nutrition expert Liz Weiss, MS, RD, mother of two boys, ages 8 and 11, and author of *The Moms’ Guide to Meal Makeovers: Improving the Way Your Family Eats, One Meal at a Time!*

“Kids are going to eat snacks no matter what,” Weiss said. “In fact, a new study shows children between the ages of 6 and 13 snack on average 840 times a year, nearly two and a half snacks a day,” she added. “I bet that frequency is even higher during the holiday season when there’s more time for snacking, and sweet treats are all around the house.”

Weiss encourages moms to makeover snack time by introducing fruits and veggies kids enjoy.

One quick snack makeover she recommends is swapping sugary and salty treats for Clementines from Spain. Even candy-craving kids love the sweet taste of Clementines. They’re small enough to fit into a child’s hand, virtually seedless, portable and simple to peel. And, at around 50 calories each, they’re a good source of vitamin C, folate, fiber and potassium.

Snack makeover tips from Weiss, include:

- One Clementine from Spain peeled into sections.

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- *Yogurt parfait*: Alternate layers of low-fat yogurt (Weiss's boys like strawberry and vanilla) with fruit sections and your child's favorite crunchy whole grain cereal.
- *Citrusy Smoothie*: Blend together two peeled and sectioned Clementines from Spain, 1 ripe banana, 1 cup lowfat vanilla yogurt, 3/4 cup orange juice, 4 ice cubes and 1/2 teaspoon vanilla.
- *South-of-the-Border Bagel Bites*: Spread whole-grain bagel halves with low-fat refried beans and corn kernels. Top with reduced-fat shredded Cheddar cheese and toast until the cheese melts and the beans are heated through.
- *Veggies and dip*: Kids may actually prefer veggies raw so serve bell pepper strips, baby carrots, and crunchy green beans with low-fat Ranch dressing or prepared salsa.
- *Ants-on-a-log*: Wash and trim two celery stalks. Slice each into thirds, fill with 3 to 4 tablespoons peanut butter and top with dried blueberries and cranberries.
- *Snack kabobs*: Slide Clementine from Spain sections on wooden sticks. For a special treat melt 2 tablespoons chocolate chips to make a dipping sauce.

Get Them While You Can

Clementines from Spain are a seasonal fruit available November to March. December is the peak month of Clementine season. You can find Clementines from Spain packaged in decorative five-pound wooden crates at your local grocery stores, supermarkets and wholesale clubs.

Sweet and Sun-Kissed from Spain

The best Clementines are from Spain – they're more strongly flavored than the domestic varieties, and they have a thinner peel, more plentiful juice and a refreshingly sweet taste. In fact, most of the Clementines you'll find in your local grocery come from Spain, which has the ideal climate on the Mediterranean coast to grow these delectable fruits.

How are Clementines from Spain grown? How can I use Clementines from Spain in a recipe? Log on to www.clementinesfromspain.com to find answers to these questions as well as serving ideas, nutrition information and a holiday sweepstakes for kids.

“Clemen-time” Sweepstakes

Hey teens ages 13 to 18! Enter the “Clemen-time” Sweepstakes for a chance to win an iPod™ Nano® and sport grip case to keep you entertained whether you’re walking to school, exercising or enjoying sweet and delicious Clementines from Spain.

Log on to www.clementinesfromspain.com by January 31, 2007 to fill out an entry form and tell us why you choose Clementines from Spain when you want a nutritious snack. Include your reasons in a unique, humorous or entertaining story about your favorite “Clemen-time.” Five winners will be randomly selected. It’s that easy! (See web site for complete rules.)

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High-res images available upon request.