

Good Times Are Poppin' In October It's National Popcorn Poppin' Month

(NAPSA)—October is National Popcorn Poppin' Month, a time for popcorn lovers to celebrate the annual harvest of one of America's oldest, tastiest and most beloved snacks. Share the fun with your family and friends by popping up a batch of your favorite crispy, crunchy snacking treat popcorn!

The harvest season is the perfect time to celebrate this delightful kernel of goodness. Americans consume some 17 billion quarts of this naturally fun treat. That's 54 quarts per man, woman, and child.

Popcorn explodes with flavor whether eaten plain or with your favorite sweet or spicy topping. Popcorn is a whole grain which makes it a "good-for-you" food, so you can munch away guilt-free, knowing that you're adding needed nutrients to your body.

There's also a little bit of magic in every kernel of popcorn. Popcorn delights young and old alike as it dances and sings in a sizzling pan of oil or microwave oven. And the aroma! One whiff of this tantalizing treat triggers hunger pangs you didn't even know existed.

This October, celebrate National Popcorn Poppin' Month with those you love.

- Host a harvest party featuring popcorn prepared the old-fashioned way—on the stovetop. Create a popcorn bar with sweet and



spicy toppings and let your guests create their own popcorn taste sensation.

- Make a hearty pumpkin soup served with popcorn croutons seasoned with your favorite herbs.

- Encourage the budding artist in you. Create fun Halloween shapes with your children using popcorn recipes found at www.popcorn.org. The prize? Everyone gets to eat them!

- Popcorn crispy treats? Combine popcorn, marshmallows and 2 tablespoons of butter to taste for scrumptious sweet treats!

- For a rocky-top trail mix, blend popcorn, dried fruit, assorted nuts, chocolate chips, powdered sugar and cinnamon.

For more great popcorn recipes or more information, visit www.popcorn.org.