

Fabulous Food

Eat Well And Win A Culinary Adventure For Two

(NAPSA)—If you're tired of the same old salads, you may want to try adding almonds. These nutrient-dense, vitamin-rich additions add flavor and crunch to stir fry, vegetables, rice and pasta. Trying them now may also help you land a trip to Italy.

A Culinary Adventure

The Tuscan Getaway Sweepstakes seven-day, six-night grand-prize package includes round-trip airfare, accommodations, most meals and optional culinary lessons at Toscana Saporita Cooking School, along with a one-year supply of delicious cholesterol-free, fiber-rich Sunkist® Almond Accents®.

Grand-prize winners will attend Toscana Saporita Cooking School, located at the Camporomano Estate, a 70-acre hilltop agricultural estate in the Tuscan province of Lucca, Italy. Taught by professional instructors, all classes are small in size, hands-on and conducted in English.

Tuscan Techniques

Class instruction focuses on traditional Tuscan technique, innovative use of ingredients and aesthetic presentation. Attendees can choose from a range of lessons in Tuscan culinary techniques including homemade pasta, ravioli, gnocchi, focaccia, risotto, vegetable and grain soups, roasted vegetables, fish and meat preparation, pastries and more.

One hundred first-prize winners will receive a one-year



A culinary adventure in Italy could be yours.

supply of Almond Accents and gift baskets containing a Mediterranean Diet cookbook, premium Italian food products and serving ware.

Entry forms are available at Tuscan Getaway Sweepstakes displays found in produce departments at participating grocery stores or online at www.almondaccents.com.

Entries must be received by August 8, 2005; winners will be selected by random drawing and notified on or about August 15, 2005. No purchase is necessary to enter, entrants must be at least 18 years of age or older. Void where prohibited.

For complete rules and regulations, visit www.almondaccents.com.