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FOR IMMEDIATE RELEASE

Healthy Handfuls Scores Big in Nutrition Comparison with Top Brands

Healthy Handfuls the Clear Choice for Healthy Kids

Grass Valley, California - Healthy Handfuls, a new snack food company created by two moms is leveling the snack food playing field for health-conscious families. With four terrific snack options for kids, Healthy Handfuls hopes to make healthy snacking tasty *and* fun.

Healthy Handfuls snacks, which include Koala Krackers, Python Pretzels, Oatmeal Raisin Crocodile Cookies, and Lucky Duckies cheese crackers, are made with certified organic ingredients and contain **no GMOs, trans fats, hydrogenated oils or high fructose corn syrup**. Healthy Handfuls crackers, cookies and pretzels are kosher, and lower in fat and salt than most kids' snacks on the market.

- **Koala Krackers vs Goldfish Graham Snacks**

Healthy Handfuls Koala Krackers have 4 grams of fat and 130 calories per serving while Pepperidge Farm's new Goldfish Grahams pack 10 grams of fat and 240 calories into a serving. Goldfish Grahams, Barnum's Animal Crackers and Nabisco's popular Teddy Grahams all contain hydrogenated vegetable shortening and corn syrup.

- **Oatmeal Raisin Crocodile Cookies vs Honey Maid Oatmeal**

Healthy Handfuls Oatmeal Raisin cookies have just half a gram of saturated fat for eight cookies (43 grams). Honey Gram has twice as much saturated fat for just two cookies (27 grams). Compare that to 5 grams of saturated fat in Pepperidge Farm's Mini Chocolate Chunk cookies and 2 grams of saturated fat in Mini Chips Ahoy. All of these "kid-friendly" cookies contain corn syrup and partially hydrogenated oils.

- **Healthy Handfuls Lucky Duckies vs Cheez-Its**

Healthy Handfuls Lucky Duckies cheese crackers contain 8 grams of fat for 100 crackers (43 grams) while Cheez-Its have 10 grams of fat for 35 grams. All three leading cheese snacks—Cheez-Its, Goldfish and Cheese Nips—are made with high fructose corn syrup and partially hydrogenated oils. Cheese Nips even contain MSG!

"Every nibble counts," say founders Debbie Reynolds and Gwen Solberg, "and we are committed to getting nutritious handfuls of food into little kids rather than empty calories."

More...

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About Healthy Handfuls

Healthy Handfuls was founded in 2002 by Debbie Reynolds (no relation to the actress) and Gwen Solberg, two mothers whose children, like all children, like to snack. The two found that much of the popular brand-name snacks designed for children are filled with trans fats, chemicals, preservatives, artificial flavors and colors. These concerned moms decided to create a convenient, portable snack that would be both tasty and nutritious. After almost two years of research and kid testing, Healthy Handfuls was born.

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Product photos in various formats, including via email, are available upon request.