

The Healthy Handfuls Story

In May of 2002, sisters Debbie Reynolds and Gwen Solberg were enjoying a family outing with their young children at the Museum of Science and Industry in Chicago. After a few fun-filled hours in the museum, it was time for lunch. As usual, they had packed their own lunch because Gwen was born with a severe allergy to peanuts. She must stay away from processed foods and has spent her life reading nutritional labels.

While they all dined on homemade sandwiches, fruit and healthy snacks, the other families around them were eating lunch on the go out of vending machines and highly processed snack foods. It was one of those watershed moments when you realize the true necessity of something. After all, necessity is the "mother" of invention. Debbie and Gwen turned to each other and said "let's develop a line of healthy products for kids on the go." Thus, Healthy Handfuls was conceived.

After two long years of planning, development, baking and determination, Healthy Handfuls, a line of organic, low- sodium, no trans fats, nutritious, convenient and great tasting snacks was born.

In Chicago, Gwen's hometown, you now can purchase Healthy Handfuls where kids are on the go such as The East Bank Club, The Women's Athletic Club, The Children's Memorial Hospital Café, The Shedd Aquarium, The Peggy Notebaert Nature Museum in Lincoln Park, The Art Institute Café and The Museum of Science and Industry Café.

Healthy Handfuls is growing day by day, just like America's children. Healthy Handfuls has nationwide distribution and will be found in natural food markets and grocery stores.

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