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FREE RECIPES AND SAMPLES FROM MRS. DASH®
Keep Healthy Eating Quick and Easy with Recipe Booklet and Sample Seasonings

Melrose Park, Ill. (Feb. 2, 2004) – For all of you who vowed to eat healthier in 2004, log on to the Mrs. Dash Web site (www.mrsdash.com) to receive a FREE recipe booklet, free seasoning samples and a store coupon for Mrs. Dash® Seasoning Blends. The three flavor samples of Mrs. Dash® Seasoning Blends – Original Blend, Extra Spicy and Garlic & Herb – are included in the nine low-fat and low-sodium recipes which are all quick and easy to make.

Every one of the 12 varieties of Mrs. Dash Seasoning Blends is made with a masterful blend of 14 natural herbs and spices. And because they are from Mrs. Dash, they have no salt or MSG. Mrs. Dash can help spice up a meal any time of day, from Original Scrambled Eggs to Extra-Spicy Chopped Chicken. Only one request per household and recipe booklets are only available while supplies last.

Nearly one in four women said they would make a New Year's resolution to eat healthier in 2004, according to a recent survey of female grocery shoppers by Mrs. Dash Seasoning Blends, but most resolutions fail by Feb. 1 (Franklin Covey 2003 study). Experts say that small changes to diet and lifestyle can have a big impact on your overall health, so choosing Mrs. Dash to spice up your meals could be a small step to a healthier you and a big help in keeping those resolutions.

About Mrs. Dash

Every one of the Mrs. Dash® Seasoning Blends are made with a unique combination of 14 natural herbs and spices, with no salt and no MSG. Visit www.mrsdash.com to explore an interactive recipe database filled with more than 400 delicious recipes with healthful levels of fat and sodium.

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