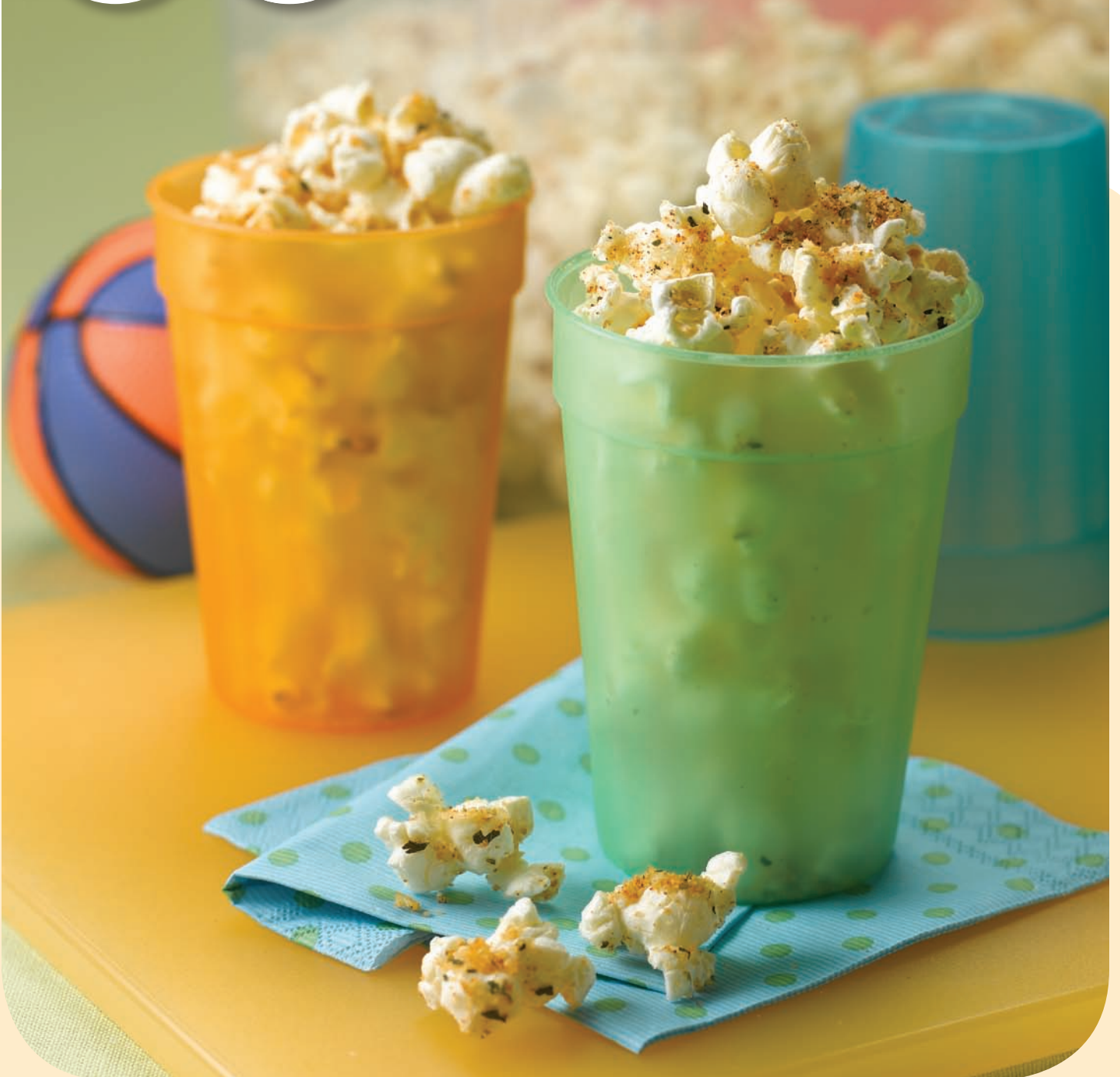




While the Getting's Good



Like every season, summer has a magic all its own. The rhythm and texture of these warmer months signals an urge to take in some of life's simple pleasures while we have the opportunity. There's a treasure trove waiting to be discovered just outside the screen door. One deep breath and we smell the freshness of berries waiting to be picked from the fields, the scent of the ocean calling us to come frolic. The wind whispers to us to jump on a bicycle or put on hiking shoes and embrace the feeling of movement.

Before the magic of summer ends; before berries fade and the waters chill; before the back-to-school sales begin; before we take yet another deep sigh and

wonder where the summer went, make it a priority to go while the getting's good.

Wherever your compass points you this season, be sure to pack delicious whole grain popcorn for your trip. Popcorn is the perfect take along snack for any hungry explorer. Go green by using an airtight, re-useable container and serving cups. Toss up this Pizza Popcorn recipe, toss it in a container, then toss it in your car or backpack and go. You'll love the taste and appreciate the energy boost and fiber kick you'll get. And popcorn costs mere pennies per serving. It's an economical and great tasting treat any adventurous family will enjoy. For more great popcorn recipes, visit www.popcorn.org.

Grab and Go Pizza Popcorn

Makes: 6 quarts, 24 servings (1 cup each)

Preparation time: 5 minutes

6 quarts popped popcorn
Olive oil cooking spray
1 cup grated Parmesan cheese
2 teaspoons garlic salt
2 teaspoon paprika
1 tablespoon Italian seasoning

- Place popcorn in a large, sealable plastic container (or in a 2.5 gallon plastic sealable bag).
- Spray popcorn lightly with cooking spray. Sprinkle cheese, garlic salt, paprika and Italian seasoning over popcorn and shake to distribute evenly. To serve, scoop popcorn into reusable plastic cups.