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SCORE AN EASY TOUCHDOWN WHEN YOU THROW YOUR PARTY WITH
TASTY APPETIZERS FROM SEAPAK AND FARM RICH!

*Use the shrimp products and cheese appetizers that are ranked #1 in the nation
to host a party that's #1 in the neighborhood!*

St. Simons Island, GA., Jan., 2008 -- With the Super Bowl right around the corner, game plans are being crafted, and so are game menus!

When planning your menu, huddle into your local grocery store freezer aisle and call a winning play by picking up great-tasting SeaPak® Shrimp and Farm Rich® appetizers.

SeaPak Shrimp Company ranks as the #1 selling retail brand within the frozen specialty shrimp category. Farm Rich offers a full line of family friendly, party sized snacks and appetizers, including the #1 selling cheese stick in the country! Both brands offer crowd-pleasing munchies that are perfect for game day, whether served straight from the package, like Farm Rich Pizza Slices, Mozzarella Bites and Cheese Sticks, or as part of a mouth-watering recipe served with SeaPak Shrimp.

From tasty SeaPak Shrimp, Artichoke and Spinach Dip to Salsa Ranch Dipping Sauce served with Farm Rich Mozzarella Bites, we've got you covered. Simply choose a few of these delicious recipes that are easy to prepare and serve, add a signature beverage, mix in good friends, and turn on the game. The only thing you'll have to worry about is your favorite team's score!

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SeaPak and Farm Rich
Super Bowl Party Ideas/2

And, don't forget to scout out some exciting new recipes for the game. In partnership with Food Network, SeaPak is sponsoring several advertisements that showcase delicious shrimp recipes that you can immediately prepare in your own kitchen. You can also see these recipes on foodnetwork.com, the #1 food and cooking destination online, or at www.seapak.com.

In October 2007, SeaPak recruited a new star for its winning team. We're pleased to announce that Robin Miller, Food Network celebrity, is now utilizing her energy and expertise to help our consumers create quick, great-tasting meals in minutes. You can watch the Robin Miller and SeaPak demonstrations at www.seapak.com or www.foodnetwork.com.

Both the SeaPak and Farm Rich brands are owned by Rich Products Corporation of Buffalo, NY, the largest family-owned frozen food manufacturer in the United States. Other brands in the Rich's portfolio include *WorldCatch*, the first all-natural brand of value-added seafood; *Casa Di Bertacchi*, the gold standard for authentic Italian meatballs; *Byron's* authentic barbeque; and *Jon Donaire*, decadent, hand-finished desserts that consumers prize.

For additional game-day menu and recipe ideas, visit www.farmrichfun.com or www.seapak.com.

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SeaPak and Farm Rich
Super Bowl Party Ideas/3

SeaPak Shrimp, Artichoke and Spinach Dip



Prep Time: 3 minutes
Cook Time: 10 minutes

- 1 carton (12 oz.) SeaPak® Shrimp Scampi
- 1 8.5-oz. can quartered artichokes, well drained
- 9 oz. carton frozen spinach
- ¼ cup Italian bread crumbs
- ¼ cup sour cream
- 3 TBS pre-cooked bacon crumbles (3 slices of bacon cooked and crumbled)
- 1 cup Parmesan cheese
- Bread bowl (with hole cut in top and middle scooped out, if desired)
- Crackers or crostinis

DEFROST spinach in microwave according to package directions and drain well.

HEAT in large skillet for 1 minute on medium heat. Add frozen shrimp scampi and sauté for 7 minutes.

ADD artichokes, spinach, bread crumbs, sour cream, bacon crumbles, and cheese to the skillet with the shrimp. Stir well to incorporate all ingredients.

COOK additional 3 minutes or until cheese is melted and shrimp is fully cooked.

SCOOP mixture into bread bowl (or regular serving dish) and serve with crackers.

Super Bowl Suggestion: To spice up this dish, try adding 1 diced fresh jalapeno to the skillet while the shrimp are sautéing.

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SeaPak and Farm Rich
Super Bowl Party Ideas/4

SeaPak Butterfly Shrimp Bruschetta



Prep Time: 5 minutes
Cook Time: 15 minutes
Makes: 6 appetizer servings

- 1 carton (9 oz.) SeaPak® Jumbo Butterfly Shrimp, frozen
- 2 medium-sized roma tomatoes, seeded and finely diced
- ¼ small onion, finely diced
- 1 clove fresh garlic, finely diced
- 1/8 cup lime juice
- Salt and pepper

PREHEAT oven to 425 degrees. Arrange shrimp on baking sheet in a single layer so that the shrimp are not touching each other. Bake shrimp for 10 minutes.

PLACE tomato, onion, and garlic into a small bowl. Pour lime juice over vegetable mixture and gently toss until well mixed. Add salt and pepper to taste. Set aside until shrimp finish baking.

REMOVE shrimp from the oven, but leave them on the baking sheet.

SPOON mixture onto each shrimp.

RETURN baking sheet with shrimp to the oven and continue baking for 5 minutes.
Plate and serve hot!

Super Bowl Suggestion: Want to spice it up for your football friends? Try adding a dash or two of red pepper flakes to the tomato mixture before you spoon it onto the shrimp.

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SeaPak and Farm Rich
Super Bowl Party Ideas/5

SeaPak Buffalo Butterflies with Blue Cheese Dip



Prep Time: 5 minutes, plus refrigerate overnight
Cook Time: 12 minutes
Makes: 6 appetizer servings

- 1 package (9 oz) SeaPak® Butterfly Shrimp, frozen
- 1/3 cup buffalo wing sauce
- 1 block (8 oz) cream cheese, softened
- 1 container (4 oz) blue cheese crumbles
- 1/2 cup sour cream
- 1/4 cup mayonnaise
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried parsley

CREAM together cream cheese and blue cheese in a medium-size bowl.

ADD sour cream, mayonnaise, onion powder, and dried parsley. Mix well.

COVER bowl with plastic wrap and refrigerate overnight.

PREPARE shrimp on game day according to package instructions.

TOSS hot shrimp in buffalo wing sauce and serve immediately with blue cheese dip.

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SeaPak and Farm Rich
Super Bowl Party Ideas/6

SeaPak Popcorn Shrimp BBQ Nachos



Prep Time: 6 minutes
Cook Time: 10 minutes
Makes: 6 servings

- 1 carton (20 oz) SeaPak® Popcorn Shrimp
- 1 large tomato, diced
- 8 oz white corn chips
- 8 oz sharp cheddar cheese, shredded (about 2 ½ cups)
- ¼ cup pickled sliced jalapenos, roughly chopped (if desired)
- ½ cup barbecue sauce, plus more for serving
- 4 scallions (both white and green), thinly sliced
- Kosher salt
- Sour cream, for serving

PREHEAT oven to 450°.

PREPARE the shrimp according to package directions.

SEASON the tomato with salt to taste and set aside.

TOSS the chips, shrimp, half the cheese, and jalapenos gently in a 9" x 13" baking dish.

DRIZZLE with barbecue sauce.

SCATTER the remaining cheese on top and bake about 10 minutes, until cheese melts and nachos are golden on top.

SCATTER the tomatoes and scallions over the nachos and serve immediately with additional sauce and sour cream.

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SeaPak and Farm Rich
Super Bowl Party Ideas/7

Farm Rich Cajun Cheese Sticks



Start to Finish: 15 minutes

Serves: 3

- 1 10-oz. package Farm Rich® Cheese Sticks
- 1 package Cajun seasoning mix
- ½ tsp salt
- ¼ tsp chili powder
- 1 8-oz jar salsa

PREPARE cheese sticks according to package directions.

BLEND seasoning mix, salt, and chili powder in medium bowl while cheese sticks are baking.

ARRANGE cheese sticks on a plate and sprinkle with seasoning mixture to taste.

POUR salsa into decorative serving bowl and serve as a dip with cheese sticks.

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SeaPak and Farm Rich
Super Bowl Party Ideas/8

Farm Rich Three Cheese Marinara Dip



Start to Finish: 10 minutes

Serves: 4

- 1 package Farm Rich® Mozzarella Bites
- ¼ cup marinara sauce (or one sauce cup from the Farm Rich® Cheese Sticks package)
- 2 TBS mozzarella cheese, shredded
- ¼ cup cream cheese
- 2 TBS grated Parmesan cheese

PREPARE mozzarella bites according to package directions.

MIX all remaining ingredients in a bowl and microwave on high for 2 minutes.

REMOVE, stir, and serve.

Super Bowl Suggestion: Serve with your favorite veggies to make an impressive platter!

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SeaPak and Farm Rich
Super Bowl Party Ideas/9

Farm Rich Salsa Ranch Dipping Sauce



Start to Finish: 10 minutes

Serves: 4

- 1 package Farm Rich® Mozzarella Bites
- 1/2 cup ranch dressing
- 1/4 cup salsa
- 1 tsp jalapeño, diced
- 1 tsp fresh cilantro, chopped
- Celery sticks

PREPARE mozzarella bites according to package directions.

MIX remaining ingredients in a mixing bowl.

SERVE with mozzarella bites and celery.

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