



## 10 Good Reasons to eat Blue Horizon Organic

### 1. It's healthy, tasty food—straight from the grocer's freezer.

Since 2005, we've been making our way into supermarkets across North America, bringing you high quality organic and all-natural appetizers and entrees, from seafood to vegetarian to gluten-free. And you really, really like us.

### 2. Health mag and Good Housekeeping testers say "eat it!"

Good Housekeeping and Health Magazine each named Blue Horizon Organic among their favorite healthy convenience foods in 2009. Of note were our uber healthy Spring Rolls: low calorie, low sodium, and filled with all-natural and organic ingredients.

### 3. You can afford it!

Our Blue Horizon Natural line starts at \$2.99; the Blue Horizon Organic line starts at \$3.99; and tell us, who else out there brings you 32-ounce All-Natural Skillet Meals that feed a family of four for just \$3.99?

### 4. Responsible, best-quality seafood in our products

- Naturland-certified shrimp (translation: ecologically stewarded, clean, organically raised, no antibiotics, no sodium tripolyphosphates, or growth hormones).
- We respect our oceans and *cringe* at the thought of by-catch: that's why the salmon, albacore and pollock in our meals are certified by the Marine Stewardship Council.
- We wrote the book on eco-seafood: our company executives are leading the standards on organic seafood as the US carves out its labeling program.

### 5. Gluten-free friends: we feel your dietary-restricted pain

That's why we've recently released Gluten-Free Seafood Bites, and people love 'em (even your gluten-loving buddies)! Rice-flour encrusted and made with quality seasonings in four varieties: Crab Cake, Wild Alaskan Salmon, White Albacore Tuna and Northwest Fish 'n Chip (the latter three are MSC certified).

### 6. Ditto for vegetarians

You'll find delicious selections in both the Blue Horizon Natural and Blue Horizon Organic brands of appetizers and entrees, such as Pasta Skillet Meals and Spring Rolls in an array of delicious varieties!

## **7. Easy as one-two-three**

Step 1- Go find us in the grocer's freezer; Step 2- Heat us up; Step 3- Eat us up. See, now was *that* so difficult? We've found the best ingredients, sourced them responsibly, combined them nutritiously, and made it a snap for you to buy affordably and prepare!

## **8. Easy on the salt, pal!**

Lower sodium intake is better on the heart. It just is. And in our entrees and appetizers, we tend to keep it mellow. (And geez, water retention is best saved for the *ocean!*)

## **9. You for good; good for you**

We're light years beyond slick packaging. When you buy Blue Horizon Organic and Blue Horizon Natural brand entrees and appetizers, you're buying a tasty, low calorie, good-for-you product that also was sourced with stewardship. We're a member of Chef's Collaborative, vocal about responsible harvests, and make sure you're putting good things in your body. Nourish yourself; nourish the earth.

## **10. You'll find us coast to coast**

Whole Foods Market nationwide is just one of many respected retailers where you'll find our award-winning, good-for-you products. Just jump on the [www.bluehorizonorganic.com](http://www.bluehorizonorganic.com) website to our store locator to "catch us" near you!

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