



**PRESS RELEASE
FOR IMMEDIATE RELEASE**

Leigh-Anne Anderson
Christie Communications
Tel: 805-969-3744
landerson@christiecomm.com

PJ Quesada
Ramar Foods International
Tel: 925-526-2215
pj@ramarfoods.com

Celebrate Filipino Heritage Month with Delicious Kusina ni Maria Dishes
*Ramar Foods International Offers Special Promotions During October in Honor of
Filipino Heritage Month*

(Pittsburg, CA) – Ramar Foods (www.RamarFoods.com) invites home chefs and party hosts across America on a culinary journey with **Kusina ni Maria**, all natural heat and serve Filipino style dishes. Gourmet entertaining is stress-free, with easy to prepare and great tasting dishes during Filipino Heritage Month this October and beyond. Delightful hors d'oeuvres such as vegetable and chicken Lumpia's are both crowd pleasing and healthy. Ramar Foods will be sharing Kusina ni Maria special promotions throughout October to help hosts and home chefs spend more time with friends and less time in the kitchen. To learn more about Filipino Heritage Month and the [Filipino Food Movement](http://www.Facebook.com/TheFilipinoFoodMovement), please visit: www.Facebook.com/TheFilipinoFoodMovement.

Kusina ni Maria's Lumpia's make for the perfect appetizer or side for any dinner party. Lumpia's are Filipino style spring rolls, and Kusina ni Maria has both chicken and vegetarian versions, made with all natural ingredients with no added MSG, preservatives or trans fats. Kusina ni Maria Lumpia's require only 10-15 minutes oven time yet taste crisp and fresh, allowing the host credit without the added stress and responsibility of cooking from scratch.

With all natural ingredients and antibiotic-free chicken, Kusina ni Maria caters to the health conscious consumer. Vegetarian Lumpia's have only 40 calories and less than .5 grams of fat per Lumpia, making them a perfect choice for guests who are slimming down for swimsuit season. Chicken Lumpia's have 10 grams of protein, 5 grams of fiber and only 2 grams of sugar per 4 Lumpia's, and with a side salad or soup can be made into an easy nutritious meal!





Kusina ni Maria is now available at more than 400 Safeway locations in California, Oregon and Washington. Kusina ni Maria is also available at the local Whole Foods (Northern California) and Central Markets (Texas). Whether one is entertaining 4 or 40, Kusina ni Maria is a great choice for nutritious and easy appetizers or meals. Time with friends and family is precious, and Ramar Foods helps to make the most of it. Kusina ni Maria will help you spend less time in the kitchen and more time enjoying good food with your favorite people.

About Ramar Foods International

In 1969, Ramon and Maria Quesada started a small family-run business known as Orientex and began selling Filipino handicrafts at the San Jose Flea Market in California. Within a few short years, Orientex had a brick and mortar market in Mountain View, California importing various frozen and dry goods alongside the traditional handicrafts of Filipino. Today, Ramar Foods International manufactures over 100 products in its three factories that find their way to Asian groceries and distributors nationwide. The company's highly experienced and personable customer service team is committed to putting the customer's needs first. Using high quality ingredients and time-tested family recipes combined with reliable distribution and excellent customer service, Ramar Foods International has gained much respect in the industry and the community. For more information about Ramar Foods, visit (www.RamarFoods.com).



For product samples, press materials, or further information, please contact Leigh-Anne Anderson at 805-969-3744, or LAnderson@christiecomm.com.

###