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A Holiday Miracle: hassle-free meals during the holiday season

Bold Eats are the solution to your holiday stress, at least for the meal-preparing part

October 16, 2008—Spokane, Wash.—November is on its way and you know what that means: the holiday season is right around the corner! Thanksgiving Day, the most significant “food holiday” on the calendar, is a time for family to get together and give thanks for the good things in their lives.

But Thanksgiving is ultimately a time to enjoy great food, and that can be stressful. Preparing Thanksgiving dinner is time-consuming and chaotic, with days of preparation before the actual dinner itself.

In fact, according to the American Psychological Association, “One in five Americans are worried that holiday stress could affect their physical health... Ironically, the things that make them [people] feel good right away, like food or drink, can be bad for them in the long run.”

So with the hectic holidays upon us, Bold Eats has a suggestion: when you need a quick way to feed the family, why settle for fast food when you can enjoy a nutritious, gourmet quality meal that’s ready in minutes?

Bold Eats’ unique combination of flavorful meat or chicken, crisp vegetables and imaginative sauces can be seared, simmered and served in a single skillet in 20 minutes or less. Envision:

- Two days before Thanksgiving—After a hectic session of grocery shopping for Thanksgiving, enjoy a dinner of mouth-watering *Chicken Mirabella*, featuring marinated all-white meat chicken, dried figs, olives and pearl onions in a sweet-yet-tangy sauce.
- Thanksgiving Wednesday—Your energies are focused on preparing Thanksgiving dinner, but you’ve still got to fix dinner tonight. Why not enjoy the rich flavor of *Jerk Pork & Black Beans*, with marinated pork sirloin, roasted corn, onions and peppers in an authentic spicy Jerk sauce from Bold Eats.
- The day after Thanksgiving—Instead of turkey leftovers, why not treat yourself with Bold Eats *YinYang Beef*, a flavor-forward combination of tender tri-tip, sliced green beans, peppers, baby corn and edamame beans in a sweet-spicy ginger sauce.

Bold Eats offers magnificent meals with a minimum of hassle during this wonderful, yet stressful, holiday season. The full line of Bold Eats varieties also includes *Chicken & Chorizo Succotash*, *Oaxaca Beef*, *Bambarre Pork & Peanut Ragout* and *Gorgonzola Beef*.

Bold Eats are featured at Yoke’s Fresh Markets in eastern Washington and southern Idaho and Spokane, Wash.-area Albertson’s.

ABOUT ANGUS BRANDS

Spokane-based Angus Brands is a family-owned and -operated purveyor of premium meats and gourmet foods for restaurateurs, foodservice operators and grocery retailers. Founded in 1972, Angus Brands built its reputation on exacting quality, unsurpassed service and innovative product development, such as its new Bold Eats line. In 2007, the company received the prestigious AGORA Award from the Spokane Regional Chamber of Commerce.

For more information, visit www.boldeats.com or call the toll-free InfoLine at 866-302-6487.