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## **From Farm to Table Canada Launches Kettle Corn with MEG-3® Omega-3**

*Introducing the first Omega-3 fortified kettle corn*

DARTMOUTH, NS, Mar 31/Ocean Nutrition Canada/ – Ocean Nutrition Canada Limited (ONC), the world's largest Omega-3 EPA/DHA solutions provider and supplier of MEG-3® brand Omega-3 EPA/DHA ingredients is pleased to announce the launch of From Farm To Table - Canada 's new kettle corn with MEG-3® ingredients.

Each 21g serving provides 32 mg of Omega-3 EPA/DHA and is free from GMOs, gluten, and has no trans-fats or artificial flavours and colours. The new kettle corn has all the goodness of natural whole grain corn and Omega-3 EPA/DHA, dusted with natural cane sugar and sea salt. This exciting new product meets the new nutrition guidelines issued by the Ministry of Education for Ontario schools and is great to pack for lunches or to enjoy as a healthy snack.

More than 14,000 scientific studies over the past 35 years show the benefits of Omega-3 EPA/DHA at every life stage - from before birth into your senior years. The American Heart Association (AHA) recommends two servings of fatty fish (Omega-3 EPA/DHA) per week, for general health and wellbeing. However important, these healthy fats are lacking in many Canadians' diets, but products like From Farm to Table's kettle corn with Omega-3 EPA/DHA helps consumers increase their daily intake of EPA/DHA.

From Farm To Table - Canada is devoted to the promotion of locally grown foods and its factory is located less than 100km from its growers. The company works closely with the corn growers, and is able to monitor and know exactly what is being put into its products - and what isn't, like pesticides and GMOs.

Becky Smollett, President of From Farm to Table - Canada states, "At Farm to Table - Canada, we believe in providing the consumer with superior products to enhance their overall health and pride ourselves on seeking out the purest ingredients available. That's why we choose Ontario corn and why we decided to fortify our kettle corn with Ocean Nutrition's MEG-3® ingredients."

Linwood Riddick, Vice President Marketing of Ocean Nutrition Canada said, “We are excited to be a part of the first Omega-3 fortified kettle corn and to see this Canadian company offer a product that allows its consumers to benefit from the goodness of Omega-3 EPA/DHA.” Riddick continued, “Consumer awareness around the importance of Omega-3 EPA/DHA is growing and this product offers a healthy and delicious snack that the whole family can enjoy.”

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### **About Farm To Table - Canada:**

From Farm to Table - Canada is devoted to providing a positive impact on the eco structure of the world and as such, all corrugated boxes are made with recycled material by a Canadian company, which is also located less than 100km from Farm to Table’s factory. All boxes are also certified with the Forestry Stewardship Council logo.

All From Farm to Table - Canada’s growers adhere to the same principles; to conserve energy and cut greenhouse gases, to protect and enhance wildlife habitats, to employ sustainable production systems, and to ensure safe and fair conditions for farm workers.

When you choose a Farm To Table - Canada product, you’re choosing quality. To learn more please visit: [www.fromfarmtotable.ca](http://www.fromfarmtotable.ca)

### **About Ocean Nutrition Canada Limited (ONC):**

Ocean Nutrition Canada (ONC) is a privately held company, whose major shareholder is Clearwater Fine Foods Incorporated. Clearwater Fine Foods Incorporated is a diversified holding/investment company whose significant holdings include a controlling interest in Clearwater Seafood’s Limited Partnership, the world’s largest integrated shellfish harvester and processor.

ONC is the world’s largest supplier of Omega-3 EPA and DHA ingredients from fish oil, marketed into the dietary supplement and food manufacturing markets. To date MEG-3® ingredients have been included in over 94 billion servings of food and supplement products worldwide. For more information about ONC visit [www.ocean-nutrition.com](http://www.ocean-nutrition.com), and for information on the health benefits of MEG-3® ingredients please visit [www.meg-3.com](http://www.meg-3.com).

### **About Omega-3:**

Omega-3 is a family of essential fatty acids, including EPA (eicosapentaenoic acid), DHA (docosahexaenoic acid), and ALA (alpha-linolenic acid). Oily fish (such as sardines, anchovies, mackerel, and salmon) are the major known natural sources of Omega-3 EPA/DHA. ALA is found in plants, such as flax and chia. Although Omega-3 EPA/DHA is important to overall good health, the human body is not able to produce sufficient quantities on its own, so supplementation is required, either by eating oily fish or foods fortified with Omega-3 EPA/DHA, or by taking fish oil supplements.