



# Heinz® Ketchup Fresh News



Issue 3

## We've Gone Dipping With Gorton's Fish Sticks!

Kids love Heinz® Ketchup. Kids also love Gorton's Fish Sticks. Doesn't it follow that kids would love eating them together? Lots of families have already discovered that Ketchup is the perfect dip for fish sticks. So dive right in and give it a try. With the natural omega-3 in Gorton's Fish Sticks and the wholesome tomatoes in Heinz® Ketchup, you can feel good about serving both to your family.



### Great Tomato Taste – Less Sugar

Heinz® Reduced Sugar Ketchup has 75 percent less sugar than our classic Ketchup, but that same rich tomato flavor. And the top-down bottle and Stay-Clean Cap® make serving our Heinz® Reduced Sugar Ketchup as easy as enjoying it.



### Enter the *Gone Dipping* Sweepstakes at [GoneDipping.com](http://GoneDipping.com)!

We're making it even more enticing to go dipping with Gorton's Fish Sticks and Heinz® Ketchup – a sweepstakes. Winners are chosen by random drawing. You can enter once a day. There will be 57 daily-prize winners (one-a-day for 57 days) and one grand-prize winner! Get all the details at [GoneDipping.com](http://GoneDipping.com).



### Ketchup Factoid

Here's a little secret we're sharing only with true Heinz® Ketchup fans. The best way to get Heinz® Ketchup out of the iconic glass bottle (available in restaurants) is to apply a firm tap to the sweet spot on the neck of the bottle – the "57."

## HEINZ Wholesome Memories

### The Heinz Wholesome Memories Gallery

We've been adding Wholesome Memories to our gallery. But we still want more.

Why? Because we love hearing how Heinz® Ketchup has been part of memorable family moments. And because for each memory we receive, we'll make a donation to the National Gardening Association to help families across the country cultivate new memories through gardening.

### Did You Miss an Issue of *Fresh News*?

You can get back issues of Heinz *Fresh News* in the [News/Media](#) section at [HeinzKetchup.com](http://HeinzKetchup.com).

## Back to School

Once school starts, schedules get hectic – sports practices and games, lessons, play dates, etc. Search the [recipe section](#) at our Web site to find delicious, easy, kid-friendly recipes that encourage the whole family to slow down and enjoy dinner together.

### Recipe Recommendation



#### Pizza Dogs

Did someone win a soccer game? Or ace a quiz? Say "good job" with a fun lunch that brings together two of kids' favorite foods – pizza and hot dogs.