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Contact: Kalyn Long

RMD Advertising

614.794.2008

long@rmdadvertising.com

**Mom Made Foods Natural, Organic, Frozen Children's Meals, Munchies and Bites
Expands On West Coast**

Mom Made Foods now in supermarkets across Washington, California and Nevada

ALEXANDRIA, VA (January 31, 2013) - Mom Made Foods, family-friendly frozen prepared meals, snacks and meal starters can now be found in Town & Country, Central Market, Whole Foods, Lunardi's, and are coming soon to Raley's, PCC, Mollie Stones, Andronico's and Nugget stores, the company announced from its headquarters in Northern Virginia.

"Mom Made will be well within reach to consumers in the Seattle and Northern California markets. In addition to our great availability in Lunardi's, Town&Country, Central Market and Whole Foods on the West Coast, we are pleased to offer consumers Mom Made Foods in these new stores," noted company founder and CEO Heather Stouffer.

Mom Made's nine nutritious frozen meals and snacks give parents a guilt-free, convenient way to feed kids foods they love that are good for them. Mom Made Meals are available in organic Cheesy Mac, Fiesta Rice, and Spaghetti with Turkey Meatballs. Mom Made Munchies are available in three organic varieties, Bean Burrito, Cheese Pizza, and Apple Pie as well as two meat variations, Chicken Munchies and Turkey Sausage Munchies. Mom Made Bites are available in Turkey Meatballs, and are low sodium. All meat items are made with antibiotic free meats.

The company's three product lines are flash frozen to preserve flavor, nutrients, color and natural texture. They contain no preservatives, no trans fats, no added sugars (except for Apple Pie Munchie), no artificial colors and are lower in sodium than their conventional counterparts.

About Mom Made Foods

The Mid-Atlantic's first USDA-organic certified producer of frozen foods for children, Mom Made is available nationwide in grocery store freezer aisles such as Raley's, Duane Reade, A&P, Waldbaum's, Food Emporium, SuperTarget, Whole Foods, Hannaford, Sweetbay, Shaw's and more local chains and independent stores.

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