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FOR IMMEDIATE RELEASE

Thinking Beyond Purees, Puffs, Pouches & Pizza Bites to Redefine Baby and Toddler Food, Little Handfuls Organic launches a line of Mealtime Bites in Portland, Oregon – Available now at New Seasons!

September, 2016 – Let’s rethink baby food. Why is so much of it overly processed? Why can’t it be more like “real food”? Parents Darcy and Dustin Kochis asked themselves these questions when they had their first child, and after some testing with their son and C.T.O. (Chief Tasting Officer) in their home kitchen, Little Handfuls Organic was born.

Inspired by the fast growing trend of Baby-Led Weaning (which allows children to self-feed and avoids spoon-fed purees), Darcy and Dustin soon realized that their mealtime bites could benefit busy parents and inspires healthy eating for babies and toddlers everywhere. “Children today are missing out on the true tastes and textures of food when we limit their options to pouches, bland cereals and overly-salted or sugary foods.” – Little Handfuls’ CEO Darcy Kochis.

Little Handfuls produces healthy mealtime bites that are easy for parents to prepare and are perfectly portioned for little hands & self-feeding. Mealtime bites are fully baked and flash frozen using whole grains, vegetarian proteins and fruits or vegetables. The overused ingredients of salt and sugar are replaced with flavorful herbs and spices.

According to the American Heart Association, the average child eats 3x the recommended daily amount of sugar, and 33% of them clock in as overweight or obese. Little Handfuls Organic and their line of mealtime bites offer a local, healthy and organic option for families to start kids off on the right path towards healthy eating. With a combined 20 years of experience in the food industry, Darcy and Dustin Kochis are using their backgrounds to build a food company with the goal of changing these statistics and providing parents better options for feeding their children healthy and delicious food.

Produced in their dedicated commercial kitchen space in SE Portland, Little Handfuls Organic Mealtime Bites are available for purchase at four New Seasons Market locations and the Warehouse Café & Market / Know Thy Food Co-op.

For more information, visit www.littlehandfulsorganic.com or contact Darcy Kochis – darcy@littlehandfulsorganic.com | [503-505-3876](tel:503-505-3876)