



## CEDAR'S MEDITERRANEAN FOODS, INC.'S

### "MEDITERRANEAN MONDAYS" FOODIE BOX GIVEAWAYS

**Ward Hill, Mass., February 2009** — Cedar's Mediterranean Foods, Inc., America's original manufacturer of Mediterranean Foods and recipient of the 2008 American Masters of Taste, Gold Superior Taste Awards for its Hommus, Tzatziki Greek Yogurt Dip, and Pita Chip product lines, has collaborated with Mediterranean food blog site, *The Leftover Queen*, to offer unique giveaways to Mediterranean food fans across the nation.

*The Leftover Queen* blog site was created by Jenn DiPiazza, a well-known, freelance food writer who aims to provide her audience with a site to share anything from recipes, to ideas of how to integrate any and all sorts of food into kitchens throughout the world. The blog site is targeted towards those who share DiPiazza's passion for cooking, new recipes, and great food. *The Leftover Queen* is continuously updated with daily blogs from DiPiazza, contests, giveaways, and great at-home ideas for those who love healthy, delicious food.

Cedar's Mediterranean Foods, Inc. prides itself in its strong commitment to its ever growing consumer support. The company is launching a new 2009 initiative to educate consumers on the benefits of healthy eating, and the usage of healthy foods, such as those found within Mediterranean cuisine. The Mediterranean diet is one of the latest diet trends to hit the market. Its impact has hit households in all parts of the world, and has helped reform the current food industry. The Mediterranean diet is known to help lengthen life, defend against chronic disease, prevent cancer, lower the risk for heart disease, lower blood pressure and cholesterol, and more! Cedar's Mediterranean Foods, Inc. is assisting consumers in becoming aware of healthy choices they can make on an everyday basis. Such choices include shopping for foods with added health benefits, as well using healthy foods as substitutes for heavy, fat-filled condiments. Mediterranean foods such as Hommus and Tzatziki Greek Yogurt Dip are deliciously healthy substitutes for mayonnaise on sandwiches, cream cheese on bagels, and salad dressings. Through such efforts, Cedar's Mediterranean Foods, Inc. is promoting healthy lifestyles through healthy eating.

In order to raise awareness of the benefits of the Mediterranean diet, and reward those who enjoy healthy eating, Cedar's Mediterranean Foods, Inc. and *The Leftover Queen* are offering weekly giveaways. For each week in February 2009, mundane Mondays are transformed into "Mediterranean Mondays," celebrating the power of healthy eating. Every Monday, one lucky winner will receive a "foodie box" packed with Mediterranean goodies from Cedar's such as Hommus, Tzatziki, Pita Chips, t-shirts, recipe cards, and great information about the Mediterranean diet.

To sign up for this exciting give away and more food contests, please join [www.foodieblogroll.com/contests](http://www.foodieblogroll.com/contests). For exciting, new ideas about delicious, healthy foods, visit *The Leftover Queen*, [www.leftoverqueen.com](http://www.leftoverqueen.com). For more about Cedar's Mediterranean Foods, Inc., and where to find your favorite Mediterranean products, go to [www.cedarsfoods.com](http://www.cedarsfoods.com).



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