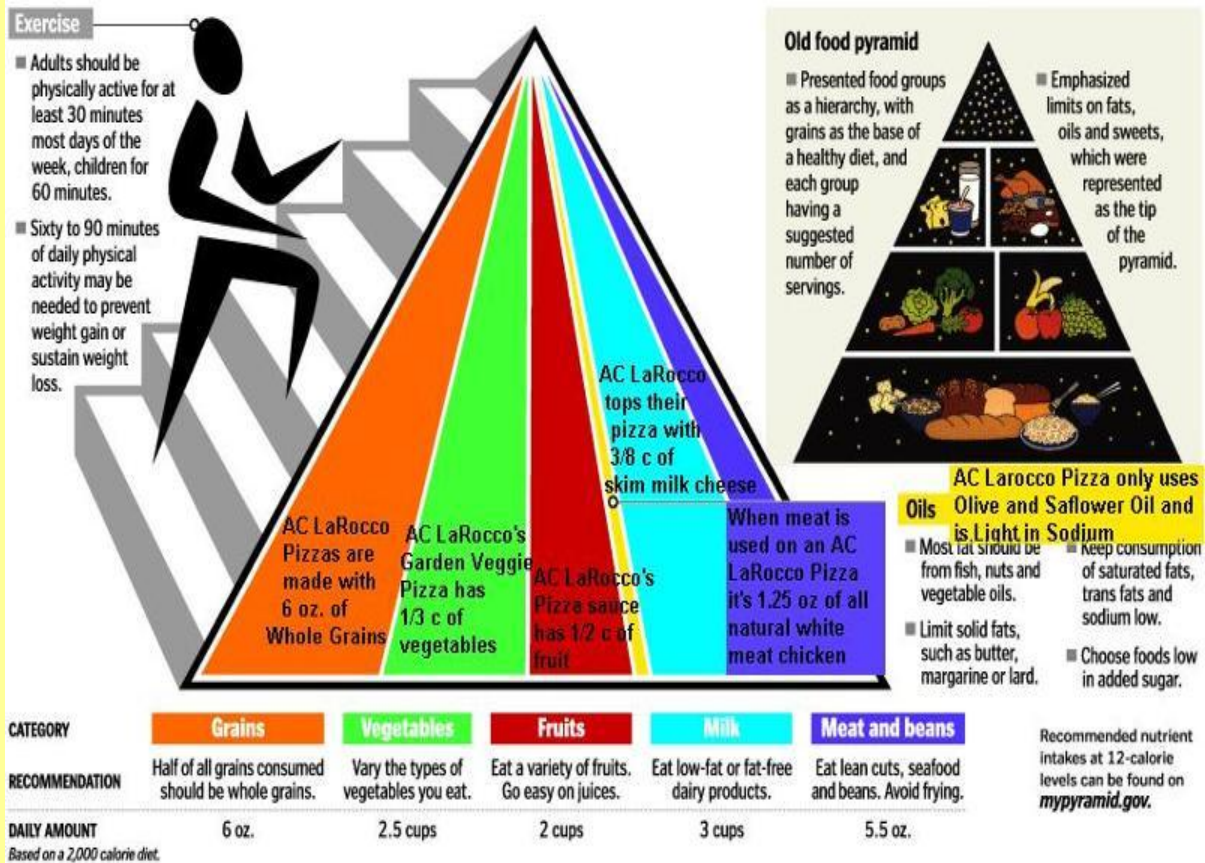




# HAPPY NATIONAL PIZZA MONTH!!!

See how AC LaRocco Pizzas fit into the Food Pyramid.

You've seen it before, but never like this!



AC LaRocco Pizzas are so good for you we wanted to show you how we fit into the Food Pyramid.

You can see for yourself that our pizzas offer your daily serving of whole grains along with a serving of fruits, veggies and dairy. AC LaRocco is able to do all of this while still keeping our pizzas low cal, and light in sodium. Our pizzas also offer more than 35% of your daily Fiber value and more than 20% of your daily Protein value per serving.

October 2010

**Join the Movement**  
Be a part of the  
"Healthy Pizza Revolution"™

Not too shabby when you're talking about PIZZA!!!



\*Based off of AC LaRocco's Garden Vegetarian Pizza

See what Dr. Rifai has to say about Healthy Pizzas

[www.youtube.com](http://www.youtube.com)



[healthypizzarevolution.com](http://healthypizzarevolution.com)

## Knock, Knock ... Who's there? Orange!

Orange who? Banana! Knock, Knock ... Who's there? Orange! Orange who? Banana! Knock, Knock ... Who's there? Orange! ORANGE WHO? Orange you glad I didn't say banana!



## Recipes!!!

For all of you Ghouls and Goblins

As we approach Halloween we have a couple fun recipes that use AC LaRocco's Cheese and Garlic Pizza and AC LaRocco's Garlic Chicken Parmesan Pizza! Turn on the oven, get the kids their aprons and let's get cookin'!



### Orange ya glad I made Pizza

Ingredients:

AC LaRocco's Ultra Thin Garlic Chicken Parmesan Pizza

## Featured Articles

Ghouls Just Wanna Have FUN!

Trick or Treat, smell my feet give me something GOOD

to eat ... and by good I mean HEALTHY! I know it sounds crazy and you may even think it takes some of the fun out of it, but trust me there are healthy Halloween candy options for you and your kids.

[www.healthysreader.com](http://www.healthysreader.com)

School is in session and so is Congress, as military leaders hope to get school lunches changed.

[cnn-health.com](http://cnn-health.com)

Celebrate the first ever Non-GMO Month! GMO = Genetically Modified Organisms. We say NO to them! Here are 2 articles to educate you on what this means and who else says no to GMO.

[www.whfoods.com](http://www.whfoods.com)  
[www.saynotogmos.org](http://www.saynotogmos.org)

## OCTOBER SPECIALS!

AC LaRocco Pizza is on Special at select stores

or AC LaRocco's Cheese and Garlic Pizza

1 Green Bell Pepper

Red and Yellow Food Coloring

Olive Oil

Directions:

Bake pizza as instructed on box. While pizza is baking cut pepper into Jack-O-Lantern face shapes of your choice and then saute them over medium heat in a little olive oil. In a clean spray bottle mix together 4 drops of yellow food coloring and 3 drops of red food coloring with 1tbs of olive oil. When pizza is ready pull out of oven and spray pizza with a mist of orange coloring, add your face shapes pop back into the oven for 3 minutes and then serve.



### **Candy Corn Pizza**

Ingredients:

AC LaRocco's Cheese and Garlic Pizza

1 Orange Pepper

1 Yellow Pepper

Directions:

Bake pizza as instructed on box. While pizza is baking cut both peppers into strips like on a candy corn and then saute over medium heat in a little olive oil. When pizza is ready, pull out of oven and let cool for about 3 minutes. Then cut into pizza slices and apply candy corn pepper stripes and serve.

through the month of October!!!

The holidays are around the corner and you know how busy you are going to get, so now is a perfect time to stock up on AC LaRocco pizzas for those busy nights where you want a fast healthy meal for you and your family.

**Keep and eye out in your inbox for where to find the specials in your area!**

AC LaRocco will soon be chillin' in the freezers at Frys, Ralph's, Tops and Henry's.

We'll let you know when we hit the shelves! you can also check our store locator at

[www.aclarocco.com](http://www.aclarocco.com)

**Do you live near a Sunflower Market?**



I'm talking to you Arizona, Colorado, Nevada, Texas, New Mexico and Utah!!! If you do, the next time you are in their store put in a good word for us. They are thinking about carrying AC LaRocco Pizzas and a little customer support never hurt! If you don't have any shopping planned in the next couple of days just shoot them an email requesting our product. [www.sfmarkets.com](http://www.sfmarkets.com)

**Upcoming News**

- The holidays are right around the corner and we have some great easy



For more pictures of the step by step process and more fun recipes go to [www.healthypizzarevolution.com](http://www.healthypizzarevolution.com)

**Jambalaya and a crawfish pie and fillet gumbo, Son of a gun we'll have big fun on the bayou!**

Have we got a spice for you and it's even good on our pizza! It's Poor Papa's Cajun Seasoning.



Papa's ALL NATURAL, all-purpose Cajun mix was created by the one and only Bruce C. Arndt (Papa Bruce) he's one red hot chili papa! AC LaRocco and Poor Papa are great friends and we think his product is great! Several years ago Bruce fell in love with the Cajun flavor unique to the New Orleans area (or the Who-Dat Nation for all of you Saints fans). After years of research and taste testing, his family had just about had it with his Cajun recipes until that one magical day he created his perfectly blended original spice mix. All of his recipes combined a unique blend of Cajun spices so you can have it just the way you want it ... hot or not so hot! If you're

and fun recipes and tips to make your life a little simpler

- Sure you can eat an AC LaRocco Pizza just how it is, but we have a few tricks up our sleeve that we are going to share with you about some other ways to slice it!

- theDish.tv Have we got a show for YOU!

## Upcoming Events

Want to TRY it, before you BUY it? We'll let you know where we are going to be next!

Demo's are being planned for **Northern California** as we speak! We'll keep you posted on the dates.



**If you don't have something nice to say, don't say anything at all, words of wisdom from my Mom!**

**Here are some NICE things people are saying about AC LaRocco Pizza**

I love your ultra thin, sprouted grain, old world veggie pizza! I can't wait to try the other sprouted grain varieties. I almost ate a second serving of your pie. The next time I visit my H.E.B in Mission Texas I'm going to buy every single one they have in stock. I'm in the process of getting my local H.E.B. store in Rio

feeling hot, Hot, HOT then visit Poor Papas website for more information on his spices and how to get your hands on them! [www.poorpapa.com](http://www.poorpapa.com)

For Some of Poor Papa's original recipes go to [www.healthypizzarevolution.com](http://www.healthypizzarevolution.com)

Next month we'll share a few recipes with you that use AC LaRocco Pizzas and Poor Papas Seasonings



## Do YOU want a FREE AC LaRocco Pizza Party???

Help US, help YOU get one! If you are still having a hard time finding our pizzas in your favorite stores let us know and we can work together in getting them in! When the mission is accomplished we'll send you everything you need for an AC LaRocco Pizza Party ... including the PIZZAS!!!

**SO KEEP YOUR EYE ON THE PRIZE ... FREE PIZZAS!!!**

[www.healthypizzatakeover.com](http://www.healthypizzatakeover.com)

**We want to hear from YOU! Shoot us an email ...**

How do you eat your Healthy Pizza?

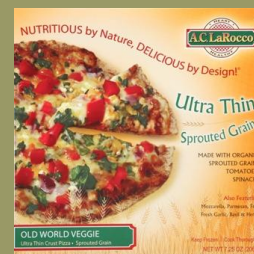
What do you want to know about us?

Do you have a weight loss success story that AC LaRocco Pizza had a hand in?

Send us pictures of YOUR "Healthy Pizza Takeover" and we'll post them on our website.

Grande City Texas to carry them as well as the other varieties of sprouted grain pizzas you offer. I am telling all my friends and family about your wonderful nutritious pizza. I'm going to be throwing a healthy pizza party for everyone to try it out. I can't wait to see what else you all will come up with.

- Jose, Texas



To read more about what people are saying about AC LaRocco Pizza visit the testimonial section of our web site. [www.aclarocco.com](http://www.aclarocco.com)

**Knock, Knock!**

**Who's there?**

**Boo!**

**Boo who?**

**Don't cry silly it's Halloween!!!**



**Have you told YOUR FRIENDS about  
AC LaRocco Pizza?  
Well what are you waiting for?**

**FOLLOW US**

[Facebook](#), [Twitter](#), [Myspace](#), [You Tube](#)



**CHECK OUT OUR WEBSITE**

[www.aclarocco.com](http://www.aclarocco.com)

**JOIN THE REVOLUTION, BE A PART OF OUR BLOG**

[www.healthypizzarevolution.com](http://www.healthypizzarevolution.com)

**CALL TO ACTION, TAKEOVER TEAM ASSEMBLE!**

[www.healthypizzatakeover.com](http://www.healthypizzatakeover.com)

**COUPONS!  
COUPONS!  
COUPONS!  
COUPONS!  
COUPONS!  
COUPONS!**



WOULD YOU LIKE TO GET SOME COUPONS FOR AC LAROCCO PIZZA??? GIVE US A CALL, OR SEND US AN EMAIL AT [CUSTOMERSERVICE@ACLAROCCO.COM](mailto:CUSTOMERSERVICE@ACLAROCCO.COM) AND WE WILL GET SOME OUT TO YOU!.