

**RISE: THERE'S A MOVEMENT OF FOOD LOVERS COOKING UP SOMETHING FLAVORFUL AND FRESH. I'M RISE JILL MILLER.**

**DUBBED "GENERATION FRESH," THIS MOVEMENT IS A COMMITMENT TO EATING BETTER ON YOUR OWN TERMS BY MAKING MORE MEALS AT HOME — BECAUSE HOME COOKING IS HEALTHIER AND OFTEN MORE DELICIOUS. LORI LANGE OF RECIEPEGIRL DOT COM**

**LORI: IT'S IMPORTANT TO ME TO PASS ON GOOD EATING HABITS TO MY ELEVEN-YEAR-OLD SON. THAT'S WHY I CELEBRATE GENERATION FRESH. BY COOKING MORE AT HOME, I CAN MAKE DISHES MY SON WILL LOVE THAT DIAL UP FLAVOR AND DIAL BACK SALT, SUGAR AND FAT. PLUS, WE GET MORE TIME TOGETHER IN THE KITCHEN.**

**RISE: ANY TIPS TO FRESHEN UP MEALS?**

**LORI: MY SON LOVES MAC AND CHEESE AND WITH A FEW CHANGES YOU CAN KEEP THAT DELICIOUS FLAVOR AND FEEL BETTER ABOUT SERVING IT. ADD SPICES LIKE OREGANO AND BASIL TO PUMP UP FLAVOR WHILE REDUCING BUTTER, CREAM AND SALT AND SERVE IT IN ZUCCHINI AND TOMATO "BOATS" TO ADD FUN AND SNEAK VEGGIES INTO THE MEAL.**

**RISE: TO FIND THESE RECIPES AND MORE, VISIT MCCORMICK DOT COM AND CLICK ON FALL LOOKBOOK.**