



Baker City Parks and Recreation Advisory Board Regular Meeting - Tuesday October 16, 2018 City Hall - 5:15 p.m.

1. Call to Order
2. Additions or Modifications to Agenda
3. Approval of Minutes – March 13, 2018 & September 25, 2018
4. Old Business
 - a. Dog Jog Recap
5. New Business
6. Adjourn



Popcorn: The little grain with a big history...

Everybody loves popcorn—the granddaddy of all snack foods. Discovered in the Americas thousands of years ago, popcorn has captivated people for centuries with its mythical, magical charm. Yet through the ages, popcorn has remained relatively unchanged. Popcorn is a seed, which just happens to do some nifty things when heated.

But this is about you, and millions of people like you who eat it every day at home, work, or play. Popcorn's popularity comes from the fact that it tastes great, but also because popcorn is connected to good times and the people we love. We eat popcorn while snuggling up together watching movies, sitting together playing games, cheering for favorite ball teams, walking hand-in-hand at a local fair, during seaside vacations, and while trekking thru the big city.

At the heart of this endearing little kernel is a healthful whole-grain. Popcorn adds fiber to the diet, is naturally low in fat and calories, gluten-free, and non-GMO, which makes it a great fit for today's health conscious consumer. Add in popcorn's irresistible smell and taste, its seemingly magical seed-to-snack transformation, versatility, and the fact that it strikes a chord with the budget-minded, and it's easy to understand why popcorn has remained so popular over time.

Happy Popping!