



For Immediate Release

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The 4th Annual Plains Peanut Festival Recipe Contest

The Peanut Institute teamed up with the citizens of Plains, Georgia, to sponsor the fourth annual Plains Peanut Festival Recipe Contest. Hundreds of recipes from all across the country were received. There are three top winners from each categories, including: snacks and appetizers, salads and main dishes, breads and muffins, and sweets and desserts. All recipes contain at least one cup of peanut product. Read more about [the recipe contest](#) or [festival day events](#).



The Planters Peanut Pavilion

Here's heartening news: recent research may mean healthy foods like peanuts can be fun foods, too. The U.S. Food and Drug Administration recently affirmed a qualified health claim to let people know that peanuts and some other nuts may reduce the risk of heart disease when consumed regularly. Planters, a major sponsor of the Plains Peanut Festival for the past four years, plans to place the heart health claim on their peanut jars as early as October. [Read more about Planters peanuts here.](#)

The Peanut Institute is a non-profit organization that supports nutrition research and develops educational programs to encourage healthful lifestyles. Learn more about peanuts and health at www.peanut-institute.org

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