



Press Release

Source: ExpressJet Airlines

# Airborne Culinary Captives Freed From Liquid Lunch; Sensible Appetizing Fare Included With Airfare

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HOUSTON, Feb. 12 /PRNewswire/ -- As airlines increasingly nix the "you fly, we buy" meal, passengers are forced to pack or pick up food preflight, or resort to an airline beverage cart for liquid lunch. Air carriers offering sensible, appetizing air fare can lighten the load on travelers' schedules, pocketbooks and well-being by freeing them from culinary captivity, according to Tim Baldwin, a senior airline-catering manager with ExpressJet Airlines.

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"Airlines can offer a choice of healthy, complementary meals and smart snacks. This saves air travelers' time and money," says Baldwin.

Busy travel schedules often make it difficult for fliers to eat what they want when they want.

Diana Fairchild, an airline health and safety analyst, advises airline passengers to fly smarter by consuming wholesome meals at normal mealtimes. "It is inconvenient to be forced to miss a meal at normal meal times when flying" and to "avoid stuffing your digestive system," Fairchild said.

ExpressJet Airlines offers passengers a variety of healthy, satisfying meal and snack choices, no matter what time of day they fly.

"We understand that passengers have varying schedules and preferences when it comes to food," said Baldwin.

By thinking outside the lunch box, ExpressJet created a menu of meal and snack products that taste great, provide sustenance, and even satisfy low-calorie, low-fat or vegetarian dietary standards. Each menu item is packaged with the passenger's schedule in mind and ready to go, should travelers prefer to enjoy them post flight.

According to nutrition counselor, Karen Collins, RD, passengers should "energize their day with a healthful breakfast, which includes hearty but healthy breakfast choices."

ExpressJet's selection of breakfast cuisine includes Erin Baker's individually wrapped breakfast cookies, which pack enough nutrients to sustain energy and constitute a full breakfast.

For onboard lunch and dinner, Collins recommends low-fat options such as sandwiches and wraps, including vegetables, and no more than one high-fat add-on such as mayonnaise, dressing or cheese. ExpressJet's lunch and dinner include a well-rounded meal with either fresh wraps or sandwiches, carrots with a side of dressing, and low-fat, low-calorie cookies or snacks. For passengers with particular dietary restrictions, ExpressJet offers non-meat alternatives for both lunch and dinner.

Nutrition expert, Gloria Tsang, RD, explains, "Red wine is a particularly rich source of antioxidants flavonoid phenolics," and that when taken in moderation it "can help prevent blood clots and plaque formation in arteries." ExpressJet offers quality wine at a low cost on all flights, Chameleon Cellars Cabernet Sauvignon and Sauvignon Blanc. The ExpressJet exclusive selections are each offered for \$3.00 on all ExpressJet Airlines flights.

With ExpressJet's in-flight culinary standards, frequent fliers and recreational travelers can take the hassle of preflight meal planning off their list, and free themselves from the culinary captivity of unhealthy, unappetizing alternatives.

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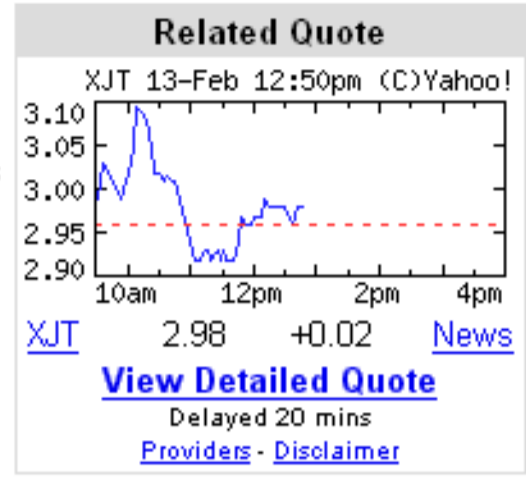
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