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**IAN'S LAUNCHES NEW ALLERGY-FRIENDLY,  
SUSTAINABLY-SOURCED FISH STICKS WITH MSC CERTIFICATION**

***Marine Stewardship Council Ecolabel Featured  
on 8oz and Family Pack Sizes of Allergy-Friendly Fish Sticks***

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**FRAMINGHAM, Mass.** – Ian's, a leading producer of all-natural, allergy-friendly convenience foods, announces the addition of Marine Stewardship Council (MSC) Certification for Ian's Wheat-Free, Gluten-Free Fish Sticks, available in 8oz and 14oz Family Pack sizes. The new MSC Certification gives consumers confidence that the whole-fillet Alaska Pollock is sourced from an environmentally sustainable fishery.

A good source of lean protein and Omega-3 fatty acids, Ian's Allergy-Friendly Fish Sticks are free of wheat, gluten, milk, casein, eggs, soy and nuts, offering a convenient meal solution for kids and families dealing with food allergies or intolerances. As with all of Ian's products, Ian's Allergy-Friendly Fish Sticks do not contain hydrogenated oils, artificial colors, flavors or preservatives.

"It is important to Ian's that kids with food allergies can enjoy the same kinds of foods their friends do, and for the last decade Ian's has pioneered delicious and convenient solutions for families," said Dena Zigun, Director of Marketing for Ian's. "We're excited to offer fish sticks that are not only free of many common allergens, but an environmentally-friendly sustainable option as well."

*About Ian's*

*Ian's is the premier provider of high-quality, all-natural, allergy-friendly foods consumers can trust. Ian's offers a wide assortment of frozen entrees, fries, kids meals, breakfast foods, snacks and breadcrumbs designed with special dietary needs in mind. Ian's is based in Framingham, Massachusetts. Ian's assortment of over 30 allergy-friendly items is available nationwide at local natural and organic retailers and in the natural section of many grocery store chains. For information and store locations visit [www.iansnaturalfoods.com](http://www.iansnaturalfoods.com).*

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