



StarKist®

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January 2012

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Perfect 100-Calorie* Solution: the Flavor Fresh Pouch

Hi Kristie, Have you tried our tuna in a Pouch?

Perfect for when you're on the go:

- No can opener or draining required
- Enjoy straight from the pouch
- Available in 14 delicious varieties
- Hungry Girl Approved!

Be sure to check out our money saving coupon below!



'LIKE' StarKist on Facebook for more details and offers. 

*or less per serving.

Hungry Girl

"TOP ATE" reasons for loving the StarKist Flavor Fresh Pouch®

1. No fridge needed = perfect to stash in gym bags, desk drawers, and more!
2. Pair tasty tuna with high-fiber crackers and some fruit... Fancy!
3. Most varieties have less than 100 calories per serving!

[Read More](#)

LIVE CHAT JANUARY 9TH

Join Hungry Girl and Charlie® the Tuna for a live chat on Monday, January 9th at 3 p.m. EST!

[Visit Hungry-Girl.com for more details.](#)



Low-Calorie Recipes!

Tuna Tostada

So flavorful you'll never know you used low sodium tuna!



Visit [StarKist.com](#) for more delicious recipes!

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SAVE 50¢

on any ONE (1) StarKist® Tuna Pouch Product

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See why people are thanking Charlie!



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