



New year, new tastes.
Try them today!

[Go](#)



What's next?

Visit your **activities** page to see what interesting things we have lined up for you to do.

[Go](#)

[Tell your friends!](#)

Dear <Linda>,

The New Year is upon us again. What better way to celebrate this time of year than by trying new Kraft products through the *First Taste* program? You can also make new friends on *First Taste* as you share your thoughts and delicious recipes on the site. The more you share, the better your chance of being featured in our Member Spotlight section.

Best wishes,
The *First Taste* team

Hot Topic

Resolving to cut back on calories?



This month's product offers add to the growing list of low-calorie Kraft snacks. From pudding to chocolate-covered pretzels, and crackers to cookies, the offerings of 100 CALORIE PACKS will help you meet your New Year weight loss goal.

[See Products](#)

Featured Products

JELL-O Sugar Free Rice Pudding



With luscious flavors and just 70 calories, every spoonful will make you smile.

[Try it!](#)

NABISCO 100 CALORIE PACKS Mini Cakesters



The great taste and fun of Oreo in 100 Calorie soft sandwich cakes.

[Try it!](#)

Most-Discussed Products

JELL-O Singles



<(XX comments, last response by [Username1](#))>

MAXWELL HOUSE Coffee



<(XX comments, last response by [Username2](#))>

Member Forum

Subject: New Year's resolutions



<[Linda](#)> wants to know about the furthest lengths others have gone to to keep their resolutions.



<[Skip](#)> is wondering where to begin to meet his resolution of learning how to cook. Any ideas?

[Click here](#) to join the conversation.

Member Spotlight



<[Sarah Wright](#)>
<City, State>
<These new 100-calorie pack granola bars are...> [more](#)



<[Lisa Dorem](#)>
<City, State>
<It's a good thing I found out about this new product. It's a...> [more](#)



<[Ashley Kipsum](#)>
<City, State>
<Where can I find more of these amazing snacks? I love them!> [more](#)

We sent this email to Linda.Saindon@kraft.com
(You gave us this address when you signed up to receive email messages from *First Taste*.)

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You can always [unsubscribe](#) or [update](#) your message frequency.

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Kraft Foods welcomes your comments and concerns. Please [click here](#) to view our Frequently Asked Questions or to contact us. Additionally, you can call us at 1-800-323-0768 Monday through Friday between the hours of 9 am - 9 pm EST.

Kraft Foods Global, Inc., Consumer Relations Group, 1 Kraft Court, Glenview, IL 60025

If you've been forwarded this message from a friend and would like to subscribe, please [click here](#).



Delicious 100 calorie sandwich cakes

[Click here](#) to try NABISCO 100 CALORIE PACKS Mini Cakesters for FREE*!

*All coupons are offered while supplies last. Offer expires XX/XX/XX. Up to a \$3.19 value.



Dear <Mary>:

Great news! Your friend <Linda>, a Kraft *First Taste* member, has arranged for you to receive a coupon to try a FREE* sample of NABISCO 100 CALORIE PACKS Mini Cakesters. Now you can have the great taste and fun of Oreo in 100 calorie soft sandwich cakes. NABISCO 100 CALORIE PACKS Mini Cakesters are a healthy, delicious snack. Choose from Oreo or Golden Oreo varieties. Find them at a grocery store near you in the cookie aisle.

Hurry! Coupons for a FREE* sample of NABISCO 100 CALORIE PACKS Mini Cakesters won't last long. Supplies are limited, so act now!

[Click here](#) to receive your coupon. We hope your request reaches us before the coupons for a FREE* sample of NABISCO 100 CALORIE PACKS Mini Cakesters run out.

Once you've requested your coupon, don't miss the chance to sign up as a member of *First Taste*. We've designed this program for people like you who love to learn about and try Kraft products and then share their opinion with others.

Thanks!

The *First Taste* team

*All coupons are offered while supplies last. Offer expires XX/XX/XX. Up to a \$3.19 value.

I'm in! Send me a coupon to try NABISCO 100 CALORIE PACKS Mini Cakesters. [Get coupon](#)

Your friend used a feature on FirstTaste.com to send you this one-time-only email. Through the use of this feature, Kraft does not keep or use your email address for any further communication or share it with anyone else.

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You're snack break just got sweeter.



FREE sample

Redeem for one (1) complimentary box of M&BISCO 100 CALORIE PACKS Mini Cakesters (up to a \$3.19 value). Choose from Oreo or Golden Oreo varieties.

Look for them in the cookie aisle.

RETAILER: Kraft Foods Global, Inc. or a subsidiary, will reimburse the face value of this coupon plus handling if submitted in compliance with its Coupon Redemption Policy, previously provided to you and available upon request. Cash value 1/10¢. Coupon can only be distributed by Kraft Foods Global, Inc. or its agent. Mail to: Kraft Foods Global, Inc., P.O. Box 880955, El Paso, TX 88588-0955. Offer expires: XX/XX/XX. **CONSUMER:** One coupon valid for item(s) indicated. Any other use constitutes fraud. VOID IF COPIED, TRANSFERRED, PURCHASED OR SOLD. Valid only in the USA, FPOs and APOs. © 2009 Kraft Foods

MANUFACTURER'S COUPON
EXPIRES XXXXXX



Share savings with family and friends.



Save \$2.00

When you buy two (2) boxes of M&BISCO 100 CALORIE PACKS Mini Cakesters. Choose from Oreo or Golden Oreo varieties.

Look for them in the cookie aisle.

RETAILER: Kraft Foods Global, Inc. or a subsidiary, will reimburse the face value of this coupon plus handling if submitted in compliance with its Coupon Redemption Policy, previously provided to you and available upon request. Cash value 1/10¢. Coupon can only be distributed by Kraft Foods Global, Inc. or its agent. Mail to: Kraft Foods Global, Inc., P.O. Box 880955, El Paso, TX 88588-0955. Offer expires: XX/XX/XX. **CONSUMER:** One coupon valid for item(s) indicated. Any other use constitutes fraud. VOID IF COPIED, TRANSFERRED, PURCHASED OR SOLD. Valid only in the USA, FPOs and APOs. © 2009 Kraft Foods

MANUFACTURER'S COUPON
EXPIRES XXXXXX



Delectable cakes.
Pure snacking enjoyment.



Look inside!
The coupons you requested are here.



first taste
First Taste
PO Box 72666
Rockford, MN 55572



OREO
Mini
Cakesters

100 Calorie Packs

Golden
OREO
Mini
Cakesters

Oh goody! Look what's in store for snack time.



Delicious 70 calorie pudding snacks

[Click here](#) to try JELL-O Sugar Free Rice Pudding for FREE*!

*All coupons are offered while supplies last. Offer expires 04/15/09. Up to a \$3.51 value.



Dear <Mary>:

Great news! Your friend <Linda>, a Kraft *First Taste* member, has arranged for you to receive a coupon to try a FREE* sample of JELL-O Sugar Free Rice Pudding. With luscious flavors and sensuous textures, every spoonful will make you smile. At just 70 calories each, you'll feel good about how you're snacking. Choose from any of our three indulgent flavors, including Cinnamon, Crème Brûlée, and Original. Find them at a grocery store near you.

Hurry! Coupons for a FREE* pack of JELL-O Sugar Free Rice Pudding won't last long. Supplies are limited, so act now!

[Click here](#) to receive your coupon. We hope your request reaches us before the coupons for a FREE* pack of JELL-O Sugar Free Rice Pudding run out.

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Thanks!

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I'm in! Send me a coupon to try JELL-O Sugar Free Rice Pudding.

[Get coupon](#)

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Have a great snack on us!



FREE sample

Redeem for one (1) complimentary pack of JELL-O Sugar Free Rice Pudding (up to a \$2.50 value). Choose from Original, Cinnamon, or Crème Brûlée flavors.

Look for them in the refrigerated section next to the yogurt.

RETAILER: Kraft Foods Global, Inc. or a subsidiary, will reimburse the face value of this coupon plus handling if submitted in compliance with its Coupon Redemption Policy, previously provided you and available upon request. Cash value: 1/100 cent. Coupon can only be distributed by Kraft Foods Global, Inc. or its agent. Mail to: Kraft Foods Global, Inc., P.O. Box 800955, El Paso, TX, 75288-0955. Offer expires: 4/15/2009. **CONSUMER:** One coupon valid for item(s) indicated. Any other use constitutes fraud. VOID IF COPIED, TRANSFERRED, PURCHASED OR SOLD. Valid only in the USA, FPOs and APOs. ©2009 Kraft Foods.

MANUFACTURER'S COUPON

EXPIRES 04/15/09

0043200-403150



6 43000 * 20001



Yum.
The coupons you requested are here.

first taste
First Taste
PO Box 72666
Rockford, MN 55572

PROCESSED BY MAILING
U.S. POSTAGE
PAID
KRAFTFOODS.COM

LIGHT AND DELICIOUS.
70 CALORIES EACH.



JELL-O
RICE PUDDING



CRÈME BRÛLÉE

CINNAMON

ORIGINAL

Look inside for your FREE sample of this guilt-free snack!