

AMC THEATRES – *Making Movies Better*

For me, it just wouldn't be the holiday season without at least a few trips to the movie theaters. After all, November through December is considered "award season" for films. All those Oscar-worthy films typically are released at this time of year along with the big blockbusters we are all so fond of. For years my family has spent the day after Christmas happily at the movie theater.

I absolutely love going to the movies. There is nothing I enjoy more than sitting in a dark theater and getting transported to another world or time. I love everything about it; the smell of popcorn that comes right to your nose when you walk in, the previews, the building of excitement when the lights start to go down. I love the anticipation of not knowing what the movie is about. Will it be good? Will it be bad? But most importantly, I love all the movie theater snacks. This is one of the few times I allow myself to indulge in every aspect of the experience. Unfortunately, many food options typically offered at the movies are not gluten-free or allergy friendly. The last thing I want to worry about when I'm in my happy place is getting glutened!

Luckily, AMC Theatres has taken my stress away by adding "lifestyle snacks" to their concessions stands.

There are a great variety of snacks, ranging from sweet to savory so no matter what you are craving, AMC has you covered.

You may even see some familiar favorites on the AMC snack stands like Homefree Cookies.

These lifestyle snacks are all allergy friendly including being free from gluten and other top allergens. There is also no fear of cross contamination with these treats as they are prepackaged! (As always, we recommend reading the labels to ensure each product meets your specific dietary needs.)

There are a great variety of snacks, ranging from sweet to savory so no matter what you are craving, AMC has you covered. You may even see some familiar favorites on the AMC snack stands like Homefree Cookies. These cookies are a favorite here at *Gluten Free & More*, they are not only gluten-free but also free from the top 14 allergens. Their mini chocolate chip cookies are my new must have sweet treat for any movie screening.

Still on the sweeter side, TruFru chocolate dipped strawberries are absolutely delicious. A perfect gluten-free super snack. It would not be a complete movie experience without all the chocolatey treats and Skinny Dipped Chocolate Covered Almonds definitely satisfy my sweet tooth. If you are looking for candy, AMC also has healthier choices like Joyride candy that has 95% less sugar than their competitors. Their flavorful gummy bears are my personal favorite - it is candy you can feel good about!



If you are looking for something savory, the Country Archer Provisions Grass-Fed Beef Jerky will do the trick. This jerky is full of protein and has zero sugar. There are also other delicious options including white cheddar cauliflower bites, all the cheesy goodness in one tasty bite.

AMC Theatres has made going to the movies even more enjoyable with these amazing lifestyle snacks. So, this holiday season (or any time really) grab your loved ones and enter the wonderful world of entertainment at the movies confident that you can snack safely and leave the theater feeling just as good, if not better, than when you walked in.

Learn more at: <https://www.amctheatres.com> 