



McCormick Joins Coalition to Fight Childhood Obesity

October 5, 2009

SPRING, Md., Oct. 5, 2009 (BUSINESS WIRE) – McCormick & Company, Inc. (NYSE:MKC) today joins a coalition of food manufacturers, retailers and non-governmental organizations to combat the national epidemic of childhood obesity. The effort is spearheaded by the Grocery Manufacturers Association (GMA) and the Food Marketing Institute (FMI), called the Healthy Weight Commitment Foundation (HWCF). The HWCF will provide and promote solutions that help people achieve a healthy weight through an "energy balance" approach – balancing calories consumed through healthy eating with calories expended by physical activity.

"Responding to the national crisis regarding obesity is imperative," said McCormick Chairman, President & CEO Alan Wilson. Wilson is also a member of the HWCF Board. "The goals of HWCF align well with the focus of McCormick. Most of our products are natural and low calorie, and the many recipes we develop and communicate to consumers stress healthy eating and balanced nutrition. Our intent going forward is to continue to make consumers knowledgeable about healthy, nutritious options when they eat. Making children aware of the importance of their choices will have a positive impact on the United States economy and improve the overall health and well-being of our nation. HWCF's programs are in large to address the obesity problem, and McCormick will remain a committed member of the Foundation working to help achieve its goals."

One of the key initiatives by McCormick that is in line with the HWCF's goal is the McCormick Science Institute (MSI). The MSI, started in 2007, is an organization whose mission is to support scientific research and disseminate information on the health benefits of culinary spices and herbs. MSI funds research at leading academic institutions around the world to further scientific understanding of how spices and herbs might be used in foods we consume to improve nutrition.

"It has been shown that a number of spices and herbs are concentrated sources of natural antioxidants and actually contain the same antioxidant levels as many of the more herbifer foods identified as being very high in antioxidants," said Harold Field, VP – Research & Development, who acts as a liaison for McCormick on the HWCF. "The MSI is one program among several that show McCormick will make the investment to further expand the health and wellness impact of our products and make consumers aware of the importance of their nutritional choices. One way we communicate this to the public is through our consumer website where we stress the nutritional advantages of all recipes and uses of spices and herbs: CookingWithMcCormick.com. Going forward we are committed to bring results to Alan Wilson's vision and support the overall goals of the HWCF."

The HWCF is also calling on member businesses to foster an environment among their own employees that is mindful of positive nutrition and physical activity, the energy balance. McCormick employees can take advantage of a wide range of programs that support a healthy lifestyle. These include weight management classes and support groups, health assessments and extensive screenings, wellness counseling, fitness classes, discounted membership to fitness clubs, and other wellness resources.

"Health and wellness is an important focus at McCormick," said Alan Wilson. "We believe it is mandatory that we combat obesity, and the HWCF is going to make a positive difference."

About McCormick

McCormick & Company, Incorporated is a global leader in the manufacture, marketing and distribution of spices, seasonings, specialty foods and flavors to the entire food industry – retail outlets, food manufacturers and food service businesses.

About HWCF

The Healthy Weight Commitment Foundation is a unique partnership between retailers, non-profit organizations, food and beverage manufacturers and trade associations aimed at helping to reduce obesity. For more information, go to www.healthyweightcommitment.org

SOURCE: McCormick & Company, Incorporated

McCormick & Company, Inc. contacts:

Corporate Communications:

Jane McCormick

jane.mccormick@mccormick.com

Research & Development:

Harold Field

harold.field@mccormick.com

WebSite:

www.mccormick.com/healthy

www.cookingwithmccormick.com "Cooking with m.c.c.o."

www.mccormick.com

www.mccormick.com/healthy