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Annie: Here at That Sounds Fun and at the That Sounds Fun Network we love learning new things about podcasting and continuing to improve in the work that we do. And that's why we are so glad to learn about [Anchor](#).

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[00:01:02] <music>

Annie: Hi friends! Welcome to another surprise episode of That Sounds Fun. It's Friday. Listen, I'm your host Annie F. Downs. I'm really happy to be here with you today. I love talking to you on a Friday so we're coming at you with a little drop in episode because we have got a great show in store.

But first things first, tickets are still available for a lot of the cities of our That Sounds Fun tour coming your way in February and March. Y'all, if you don't have your ticket yet, let's fix that today, cool? You can find all the details [Anniefdowns.com/events](#).

Oh, y'all, I'm excited about this show today. So just like we talked about a couple of weeks ago when the Faithful Podcast launched—oh my gosh, aren't you loving the Faithful Podcast? I know. It's so good—well, the That Sounds Fun Network is growing by another awesome podcast that we're welcoming as our latest right in the amusement park.

We like to think of the network like that. All the different podcasts are different rides but we think you're going to love all of them. And I'm absolutely dying about this. In fact, they call themselves the funnel cake of our That Sounds Fun network. It's called The Snack Show with Jami Fallon.

Happens to be two of my dearest, funniest, snacking'est friends and co-workers. Jami is our tour manager for the That Sounds Fun Tour which kicks off so soon and Fallon runs the That Sounds Fun Network. Apart from all of that though, every time they brought up their dream of a podcast about snacks, lively and hilarious conversation would erupt.

And I knew they needed to make that show and I knew it was just what the network amusement park needed. A concession stand, exactly, a concession stand, a funnel cake, it needed The Snack Show. So here's my conversation with Jami and Fallon, celebrating the newest member of the That Sounds Fun Network, The Snack Show.

[00:02:57] <music>

Jami: I currently don't have Disney Plus. That's how I have not.

Annie: Why?

Jami: I had it free for a year with Verizon and I just let it expire and I just haven't sorted it out.

Annie: You don't need to. I got all the details.

Jami: I haven't needed it in the last few months because I've had 900 other things.

Fallon: No, you need it.

Jami: So anyway, I just-

Annie: You need it. You need it. Listen, I'm a seven, you can't ever not have something that you want available.

Jami: I did find I just wanted to start rewatching Glee.

Annie: Okay.

Jami: After we sang Celine Dion in the car, I was like, "I want to see Lea Michele... Lea Michele?"

Annie: Yeah, Lea Michele.

Jami: ...sing it." And then I found out it's on Disney Plus. So that was the only moment I thought, "Well, I guess that's my..."

Fallon: Glee is on Disney Plus?

Jami: Yeah, they got the license for it.

Fallon: Uh, that's interesting.

Jami: Interessante.

Fallon: Let's do it.

Annie: We already are. This is all going on the pod because everyone needs to know what they're about to get on The Snack Show. Oh, and you just hit your funny bone so hard, Fallon.

Jami: Okay, she does this a lot of times while we record.

Fallon: I did it last night.

Jami: Yeah. We got to work on those elbow moves.

Annie: You hit your elbow?

Fallon: We need some of that rubber like matting around here.

Annie: Or typically you just need some meat on your bones. Yeah, that elbow is-

Jami: I'm doing fine over here.

Annie: Everything's cool over here.

Jami: You know what's taking care of my elbow? Snacks!

Annie: You guys, first of all, I just have to... Well, everyone knows you both. Jami, you're on the pod frequently. Every Christmas at least.

Jami: Yes.

Annie: And you are our first Enneagram one in EnneaSummer Series of 2019?

Jami: Yes.

Annie: Fal, you were also our Enneagram one this year on EnneaSummer.

Fallon: Jami walk so I could run.

Jami: Fun fact.

Fallon: It's my new favorite phrase.

Jami: Fun fact. We've talked about this in one of our episodes of the pod. But Fallon didn't know that phrase so I had to teach her.

Annie: That's good.

Fallon: And now I'm using it like it's my job.

Annie: Do you know we learned what around here last week? "I buy, you fly."

Fallon: Oh, I taught her that one.

Annie: Because apparently that's what you say when you buy lunch for people, "I buy you fly" and they have to go pick it up.

Fallon: One year just like trying to make an agreement, like, "Hey, I'll buy your lunch. You want to go pick it...?"

Annie: Will you grab it on the way?

Jami: That feels like a hot goss kind of thing. Like it's a Fallon OG original.

Annie: Oh, I do love saying "hot goss." I've really spread hot goss around. In my life, unfortunately, I've spread hot goss around.

Jami: Sorry, Lord.

Annie: Yeah, sorry, Lord. Repentance. But I mean, saying hot goss has become very important to me because-

Fallon: I feel honored.

Annie: ...it's my favorite thing. When you sit down at lunch, you say, "What's the hot goss?"

Fallon: What's the hot goss, y'all?

Annie: Fallon also runs the That Sounds Fun Network.

Fallon: I do.

Annie: And you did what anyone who ran a network would do and said, "I want my own show. I've made all these other shows work, I now would like my own show."

Fallon: A lot of encouragement from you. Let's be honest.

Annie: Jami, tell them why I made y'all start doing a snack show.

Jami: Well, I said this before but that's a great question I don't know the answer to. Fallon and I talk about snacks a lot. And we were all together May of 2021, somehow we put together the Jami Fallon thing. And so we wrote a little jingle, a little something. I don't really know.

Fallon: I actually don't think we wrote it. We just-

Jami: Opened our mouths and out came a jingle.

Annie: You still do it?

Jami: We freestyled it. Ready to attack those snacks on the bus, ready to attack those snacks on the bus, ready to attack those snacks on the bus with Jami Fallon. I did remember it.

Annie: Were we on a bus?

Jami: Yes, on the way to Dollywood.

Annie: On the way to Dollywood last year?

Jami: Yeah.

Annie: Wow. This was birthed on the way to That Sounds Fun day at Dollywood?

Jami: It was a big day for the-

Annie: That's the day that we introduced Craig to his fiancé now?

Jami: I know. Yeah, that was a big day.

Annie: We had a lot of birthing that day.

Jami: We did. We did.

Annie: A lot of birthing. We birthed a show?

Jami: And I don't know how, but eventually it kind of just kept being brought up.

Annie: Well, because it's brilliant. Fallon is signaling in my direction. But Fallon, you did exactly what only someone who loves snacks as much as y'all love snacks will do, is you showed up with a pile of snacks.

Fallon: Oh, yeah, yeah, I brought snacks.

Annie: No one's ever done that. And Jami, jingle what you did earlier when you walked in?

Jami: I have surprise snacks for the three of us in our pocket.

Fallon: Oh, I can't wait.

Annie: Do I take my teeth out? I have my Invisalign in. I gotta have to take my teeth out.

Jami: You live your life.

Fallon: Can you imagine?

Annie: Oh my gosh.

Jami: We are celebrating the month of love, and I love you guys.

Annie: Oh.

Fallon: Oh my gosh, you're the best.

Annie: Even Johnny? You even thought of Johnny?

Jami: I did. I did.

Fallon: Oh my gosh!

Annie: Wow. Johnny the producer gets a Reese's Peanut Butter Hearts.

Jami: Which is my favorite snack ever.

Annie: Is it? This is your top snack?

Jami: Which Fallon can-

Fallon: I brought half of a heart that Jami gave me last week.

Jami: We found a large like the size of your... hand size heart shapes, which is new. We don't-

Fallon: We have some hot takes about it.

Jami: Yeah, we do. Yeah, we just talked about it.

Fallon: Yeah, yeah.

Annie: Oh, it's coming on an episode soon?

Jami: Yes.

Fallon: Yeah.

Annie: Okay, Fal, back us up. It's called The Snack Show with Jami Fallon.

Fallon: Yes. Heard of it?

Annie: And when's it going to release?

Jami: It's going to release Friday, February 4th.

Fallon: Which is?

Annie: Today.

Fallon: Today!

Annie: So we're doing a Friday show. We don't really do a lot of Friday shows.

Fallon: How funny is that?

Annie: But The Snack Show felt like what everybody would want going into the weekend. It is 30 minutes about snacks.

Fallon: We really wanted to equip everyone's weekend with the best snack ideas possible. So, after they listen to this episode, they go to the grocery store, pick up all the suggestions we shared, and voila, there's your weekend. And we're usually not agreeing. So then you can try both and see if you lean Team Jami, Team Fallon.

Annie: That is one of the most interesting things about the show as I've listened to the first few episodes that you've already recorded. Y'all don't agree

Jami: No.

Annie: That's very often.

Fallon: It has surprised us. In life-

Jami: We were not aware.

Fallon: ...we agree on a lot. In food, we are living on different continents.

Annie: Yes. It's amazing. One of you lean salty and one lean sweet?

Fallon: Salty girl over here.

Jami: Sugar monster right here.

- Annie:** But do you like sweet snacks, Fal?
- Fallon:** Well, of course, yeah. I do.
- Annie:** That's why we have them.
- Fallon:** But if I'm thinking back on what I typically grab for snacks, it's like 90%.
- Annie:** I mean, you showed up with three out of four salty snacks, Jami showed up with the epitome of sweet snacks.
- Fallon:** Yeah, all the sugars.
- Annie:** At least peanut butter hearts.
- Jami:** Yes.
- Annie:** Okay, tell us what other ones you brought. Let's just go and give people a preview of The Snack Show.
- Fallon:** So I'll start with a salty. One of my favorite, favorite, favorites is from Trader Joe's.
- Annie:** That's the back of a microphone. Just do you know, you wrinkled it in the back. Let's try that again at the front of the microphone. There we go. A little ASMR for the crowd.
- Fallon:** Still learning. Trader Joe's organic a little corn chip dippers, I'm telling you.
- Annie:** Can we try them right now?
- Fallon:** Yes.
- Annie:** I gotta take my teeth out.
- Fallon:** I will tell you I typically don't like spicy and this does have a little kick to it. But the flavors-
- Jami:** That's what's crazy, is insane.
- Fallon:** Your's a savory but I'm the spicy.

Jami: I know.

Annie: Do y'all normally taste?

Jami: I don't know where your tongue are on things, but if spicy and sugar are next to each other, I am going to take [unintelligible 00:09:53].

Annie: Dude.

Fallon: Was this like a Frito?

Jami: Right?

Annie: It's like a Frito with cool ranch on it.

Jami: Spicy cool ranch.

Annie: Yeah. It's a Frito with spicy cool ranch.

Fallon: Was this bad?

Annie: No, it's people-

Fallon: A lot of our listeners are going to take this.

Annie: We're going to get feedback. We'll get some feedback here. I just need one more, listeners. I just need one more. Wow. And at the end there's heat. Heat at the end.

Fallon: Right.

Jami: Listen, I am tasting zero heat.

Fallon: What?

Annie: Hang on.

Fallon: We're getting you a coated one. I'm getting you a coated one. I'm getting you a coated one.

Annie: Oh, yeah.

- Jami:** When I lived in Southern California as a child, my friend and I would put hot sauce on her tongue to see who could go the hottest, so I might have burned off all of this.
- Fallon:** Yeah.
- Annie:** Yeah, taste buds. Right.
- Fallon:** So just imagine dipping this in guacamole, hummus.
- Annie:** You are very good at Trader Joe's snacks. I mean, luckily the show spans every grocery store.
- Jami:** It does.
- Annie:** And every gas station, honestly.
- Jami:** And every part of the country.
- Annie:** Have y'all done a Buc-ee's show yet?
- Jami:** We haven't done a Buc-ee's.
- Annie:** You know what we're going to do? I'm going to pronounce it right now. I'm going to prophesy it. Okay, let's do a live show in a Buc-ee's.
- Fallon:** Oh, my... hallelujah.
- Jami:** We've done convenience store snacks but we've kind of done a macro level of that. Let's do one dedicated to each.
- Fallon:** Oh, my gosh, I would love it so much.
- Annie:** In a Buc-ee's.
- Jami:** Right.
- Annie:** Oh, I can't wait. Those are great. We will show pictures of these on Instagram today too. But what else did you bring?
- Fallon:** Okay, I'm going to show you the second one. We're going to move over to our sugary sells. Jami get excited. So these are literally my favorite candy of all time.

Annie: Okay.

Fallon: They are called—I talked about this in an episode coming up—Percy Pigs. They are from Europe, so you can only get them abroad.

Annie: How did you get them?

Fallon: So they're from a store called Marks and Spencer? It's one of their brand names.

Annie: It's so bougie. I know Marks and Spencer.

Fallon: Oh, yeah, M&S.

Annie: When I lived in Scotland, when I lived in Edinburgh, the grocery store next to me was Tesco, but down the street was M&S.

Fallon: I'm just telling you.

Annie: Wait, you didn't have to open those for us.

Fallon: Oh, my gosh, of course.

Annie: When I go to Scotland this spring... I'm going to Scotland in the spring. When I go I'll bring you back some Percy.

Fallon: I'm sending you my order because there's a bunch of different varieties.

Annie: Oh, yeah, yeah.

Fallon: There's a family of pigs. There's a whole family.

Annie: Oh, wow. So we're going to eat one. People, you won't be able to hear this because they're chewy.

Fallon: Oh, Johnny, I forgot about you.

Jami: These are great. They're like little kind of gummy style.

Annie: I don't think the sound of us eating this is as nice and as crunchy.

- Fallon:** I know. So I like to go for the ears first because the ears has a different flavor.
- Jami:** Oh, look what I just did. Only one ear-
- Fallon:** Oh my gosh! I'm so proud of you.
- Jami:** Fallon has a real unique way of how she has to... the process of eating.
- Annie:** Everything.
- Fallon:** Most snacks, I have a whole process.
- Annie:** Oh, yeah, you got a whole system. Y'all both live hard into lots of parts of your personality, including-
- Jami:** I don't. When she talks about eating something, I'm like, "And while you were dissecting, I shoved 922 into my mouth in the same amount of time. I go big and then I go home. I do both. I do both.
- Fallon:** There she goes. There she goes.
- Annie:** I did not eat one ear at a time. I'd made a memory of that.
- Jami:** Okay, what did you think?
- Annie:** I loved it. It is strawberry.
- Fallon:** There's strawberry, raspberry. It's a whole bunch of berries.
- Annie:** Okay, great. That's great. So when I go to Edinburgh in a couple of months you just want to send me a list?
- Fallon:** I will send you. There's like a fuzzy... not fuzzy. Fizzy tails of pigs. So that's a flavor that I love. Anyways, there's a bunch of different varieties. So I'll send you my list.
- Annie:** Yes. I'll make a trip to Marks and Spencer.
- Fallon:** Oh, I'm so excited.
- Annie:** It's very close to where I'll be.

Fallon: Okay, I have never been to one. Is it like a convenience store? It's just nicer? Is it like a grocery store?

Annie: It is like... if you made a whole foods version of CVS.

Fallon: Yes. Wow, that's spot on. Okay. Okay, great. Perfect.

Annie: Because Waitrose is the whole foods. I mean, they may have whole foods as well, but Waitrose is like the bougie grocery store that like when I was crying about missing home, I would use my money to buy Waitrose groceries. Tesco was my every day. But then when I wanted these kind of things, Marks and Spencer.

Fallon: Right.

Annie: Okay, well done. Those are delicious snacks. And then of course the others we don't have to eat but veggie sticks.

Fallon: Love them, love them, love them.

Annie: I love them. And then your plantains-

Fallon: Have you had these though?

Annie: Yes. Because when we went and visited Christian Appalachian Project, you brought one of those.

Fallon: Oh, I brought those, yeah.

Annie: Crispy plantain slices. I do like that they're very thin.

Fallon: They're very thin. I think they taste just like potato chips.

Annie: Yes, they're very close. Jami, why do people love talking about snacks? Every time we bring this up in a group, everyone at the table says, "I want to come on the show because..." I mean, everybody. What is it? What is it about snacks?

Jami: I mean it's just a unifying thing. I mean one we need food to be alive. That's amen thing.

Annie: We could do a podcast about air too because everybody has to have it.

Jami: Yeah, yeah, you have to have it. But if you have to have it, you might as well have fun while you're doing it.

Annie: That's right. Do y'all snack every day?

Jami: Well, I have defined snack in a pretty broad term. So unless it's like a five-course meal, it's a snack.

Fallon: Jami's definition of snacking is if it goes in your mouth, it's a snack.

Annie: Yeah.

Jami: [unintelligible 00:14:51] sandwich, snack.

Fallon: Did you just say samwich? Like a little Sammy.

Jami: I can say sandwich but I was calling it sam-ich.

Annie: No, I like it. They'll say sandwich but that D in there was a waste anyway.

Fallon: It really was.

Annie: I mean, who needs it?

Jami: Sorry, and you're out of here. Give me some Ms.

Annie: Give me a samwich.

Jami: Give me some m. Samwich.

Annie: I agree. So we're going to do now what everybody loves. Well, I'm going to eat my Reese's Peanut Butter Hearts, I'm going to encourage everyone to grab their own snack and we are going to take a little break, and then we'll get to hear a part of the new Snack Show.

[00:15:23] <music>

Sponsor: Hey friends! Just interrupting this conversation real quick to share about another one of our incredible partners, [Catalina Crunch](#). It is only fitting today as we

celebrate the launch of The Snack Show that I get to introduce you to a yummy new snack that I've discovered.

Catalina Crunch is a seriously sweet crunchy breakfast or a before-bed snack that we all need because it's delicious and it's zero sugar, you guys, keto-friendly and low carb. They have tons of great flavors, plus variety pack so you can give a few or all of them a try.

Okay, so far I've gotten to try the cinnamon toast and the dark chocolate Catalina crunch. And y'all, listen, listen. Are you listening? If you're trying to eat a little better, Catalina Crunch cereal has the crunch that you crave without tons of carbs. It's seriously so good. Most zero sugar food doesn't taste this great, but Catalina Crunch really nailed this.

Plus, it packs a whopping 11 grams of plant-based protein and nine grams of fiber per serving. Add some almond or oat milk or use it as a topping for your favorite yogurt along with some berries. Listen, the Cinnamon Toast Catalina Crunch with almond milk is my favorite. Taste for yourself why over 10,000 Customers rate Catalina Crunch at five stars and add to that every person who works in this office because we loved it.

They've got eight crave-worthy flavors to choose from like nostalgia-inducing cinnamon toast, decadent dark chocolate, and creamy chocolate peanut butter. Not sure which flavor to try first. That's what the variety packs are for. And Catalina Crunch is gluten-free, grain-free, non-GMO. Only real clean ingredients. Nothing artificial.

So see why Catalina Crunch cereal is the fastest growing cereal brand in America, just go to catalinacrunch.com/thatoundsfun for 15% off your first order plus free shipping. That's catalinacrunch.com/thatoundsfun.

Not sure what flavor to start with? Remember, try that variety pack and check out their delicious cookies and snack mixes while you're at it. Again, that's catalinacrunch.com/thatoundsfun for 15% off your first order plus free shipping.

Annie: Hey friends! I'm so excited about heading back out on tour in February and March of 2022. That's right. We're taking that That Sounds Fun podcast on the road. Not only will there be an awesome special guest at each stop who I'll be recording a live podcast with, but we'll also have comedy, new friends, fun coaching, exclusive content, confetti, and dare I say it, fun. So much fun.

I can't wait to see you at one of those tour stops. So be sure to grab your tickets at Anniefdowns.com/events. The only thing that will make it more fun is when you're there.

And now let's hear a part of that first episode of our new show on the That Sounds Fun Network, The Snack Show.

[00:18:05] <music>

Jami: Welcome to the snack Show with Jami Fallon.

Fallon: We're just a couple girls snacking our way through life and talking about it. Have you heard of ladies who lunch? We're just some sisters who snack.

Jami: Oh, majors. Food tastes better with funny friends.

Fallon: I just laid the snack down is what I'm saying.

Jami: This is your first time in a podcast studio?

Fallon: Jami, why in the double pretzel sticks did we start a podcast?

Jami: That's a great question that I don't remember the answer to. Today on The Snack Show podcast, we are talking about-

Together: Cookies.

Jami: So excited. I mean, how much more classic can you get for a snack than a cookie?

Fallon: Yeah. Is that not everyone's favorite food? I mean-

Jami: I just assumed it was.

Fallon: I don't think so.

Jami: I don't know why it wouldn't. Because honestly, a lot of things can be called a cookie. It's a pretty broad spectrum.

Fallon: Right. Do you know the history of the cookie? No. Okay, so I did some research.

Jami: Thank you. You are our prepared one, I am our just like.. which slide in and I put in the hours. I've already snacked hard since the 1980s. Let's go.

Fallon: You prep with your mouth; I prep with my mind. So I did do some research.

Jami: Okay.

Fallon: Honestly, I just love history. And so it's fun for me to like-

Jami: Yeah, tell me.

Fallon: ...tell history on all sorts of things. And I thought to myself when we were prepping for the show, where the heck did a cookie come from? Who created cookies and how can we give them a hug? Amen. Okay, so I'm going to give you three guesses. What's your first guess on how a cookie came to be?

Jami: No, I prefer multiple choice in my testing style.

Fallon: Oh, okay.

Jami: Give me two lies and a truth.

Fallon: Two lies and a truth. Here we go. So the cookie originated in a tiny town in Italy when the chef dropped a piece of batter into the oven. Option number one. Option two, the cookie started in Persia, which is now modern-day Iran and it was because bakers used to test their cake butter by putting tiny little amounts of cake batter into the oven to see if the oven was ready.

And lastly, cookies are from London, England, and they started because the Prince of England at the time, which it doesn't give me a date here on my piece paper, wanted a tasty treat before bed, and he said, "Remember that cake we had earlier for dinner? Can I just have a little bit about it? Not the whole thing, just a little circular piece of it?" And they said, "Yeah." And that became a tradition. And he's like, "I'm going to call this the cookie."

Jami: Okay. I'm going to go with option A is the truth.

Fallon: And what was A again?

Jami: That it originated in Italy?

Fallon: Ah, no, I got you.

Jami: Yes!

Fallon: Okay, the real answer is B.

Jami: It's C?

Fallon: Oh!

Jami: Whoa!

Fallon: Oh my gosh!

Jami: Because B is the one that you stammered the most in telling. And so I thought that there's no way Prince of Persia is out there just accidentally dropping cakes into their ovens.

Fallon: Well, I don't know if it's the Prince of Persia, but the real answer is B. So it started in Persia, which again, is modern-day Iran in the 17th century AD. And the cookie was originally used for one purpose and one purpose only in the kitchen. And it was because bakers use them to test the oven by baking small amounts of cake in the oven.

Jami: Hmm. I wonder what an oven in the 17th century looks like? And I wonder what they actually called it because they didn't use the word "cookie."

Fallon: Isn't that fascinating? 17th century AD.

Jami: Since the 1600s. Right? Now I'm going to go backwards. So if it's 21st century is the 2000s, right? 17th century, that's 16-

Fallon: No, it's 7th.

Jami: Oh, 7th? I thought you said 17th century.

Fallon: No, this is the 7th?

Jami: So it's the 600s.

Fallon: So it's the 600s.

- Jami:** Wow. Cookies are old.
- Fallon:** Do you think Jesus ever had a cookie?
- Jami:** I mean, I know He was... No, that math doesn't work out. But do you think Jesus' disciples...
- Fallon:** Don't you wish though? Don't you wish?
- Jami:** No, that also doesn't work? I can't do math.
- Fallon:** Listen to this. Don't you wish that Jesus had cookies because on Sunday mornings all of us could be enjoying a glass of wine and a cookie?
- Jami:** Honestly, I wish one of the three of your options would have been that the cookie came from one of the miracles of Jesus.
- Fallon:** Oh, opportunity missed. Shoot!
- Jami:** Because I would have guessed that one.
- Fallon:** That's true.
- Jami:** Because cookies are miracle.
- Fallon:** Notes for the audio. My hands are raised in prayer formation and praise formation.
- Jami:** In like goalposts. Like all the way-
- Fallon:** Yeah, It's up, up, up, up. Yeah, so that's the history of the cookie. Now, Jami, do you remember the first cookie you had ever eaten?
- Jami:** No. But I recently found a photo of me and I am going to guess four at the beach. So I grew up in Southern California. So we were at the beach a lot. I'm sitting in my little plastic chair and my one-piece bathing suit with Muppets on it, the babies-
- Fallon:** Cute.
- Jami:** And I am shoving a Fig Newton into my mouth, giving some real cold stares at the camera for being photographed while eating.

- Fallon:** Now, you bring up an interesting point. You're claiming Fig Newton as a cookie.
- Jami:** Oh, yeah.
- Fallon:** I need a second to decide if I agree or disagree.
- Jami:** Okay, well.
- Fallon:** I, just knowing my family heritage, I'm assuming the cookie started early and often.
- Jami:** Mm-hmm. I agree.
- Fallon:** But I couldn't tell you the first cookie. I would have to call my mother.
- Jami:** Sure, she would know for sure.
- Fallon:** Phone a friend.
- Jami:** Yeah, phone a friend. Do you remember your first cookie?
- Fallon:** I don't because my first cookie was a donut. I was obsessed.
- Jami:** That is so weird. Okay, the answer is no, I don't remember my first cookie. But if you asked me if I remember my first donut, yes, I do. But my cookie is a donut. It feels like you're not going to pass the SATs with that.
- Fallon:** No, that's a sly way to get the right answer when it's really wrong.
- Jami:** I agree to disagree. I mean, I support your donut experience.
- Fallon:** Thank you. Thank you. Well, okay, so my next question for you would be what constitutes a cookie? What's your definition of a cookie?
- Jami:** Something's small and sweet.
- Fallon:** Okay.
- Jami:** Because then Fig Newton does fit into that in my heart.

Fallon: True. True. And when I did look up some facts on cookies, it did say it has to have a certain amount of sugar in it and egg maybe. Do Fig Newtons have eggs?

Jami: They must.

Fallon: I have no idea. I have never tried to make a Fig Newton. I have just tried to eat it. You know-

Jami: I also wouldn't say that I'm like a large Fig Newton proponent.

Fallon: But when you were little you're really shoving them in, it sounds like.

Jami: Well, you know, my mom was trying to... Well, there's some fruit in it.

Fallon: That's great. What were your favorite kinds?

Jami: The strawberry. Fig Newtons to me feel like the predecessor of the NutriGrain bar. Again, we're getting off of cookies but this is what I'm thinking about it.

Fallon: Yeah, that makes sense. Okay, so here's a definition. A cookie is a baked or cooked a snack—Listen to that—

Jami: Right in our wheelhouse.

Fallon: Or dessert that is typically small, flat, and sweet. See? It usually contains flour, sugar, egg, and some type of oil, fat, or butter. It may include other ingredients such as raisins, oats, chocolate chips, duh, and nuts.

Jami: You're really leaving the witness here with your opinions on what a cookie could constitute.

Fallon: I'm just trying to be transparent. Mm-hmm.

Jami: So I'm calling a Fig Newton a cookie.

Fallon: Okay.

Jami: You know, the span of cookies is deep and wide.

Fallon: Oh my gosh.

Jami: So let's start with our top three favorite types of cookies-

Fallon: That's a good idea.

Jami: ...just to give us a branching off point.

Fallon: Okay, should we do... You Jami one, two, three; Fallon, one, two, three? Or like, one, one; two, two; three, three? Back and forth. Why not?

Jami: Great. Okay, Fallon, give me... And in a no particular order, we do not... the hierarchy feels a little intense. Just give me of the three one of your favorite.

Fallon: Okay, this is both by a brand and by flavor is how I went.

Jami: Okay.

Fallon: I will start with because we're in the great city of Nashville Tennessee and actually I think there are other places so scratch that, but Crumbl cookies, the chocolate Oreo cookie from Crumbl cookies. Have you participated?

Jami: I've participated in I think everything that Crumbl has to offer.

Fallon: Oh my goodness. Is it wrong to say that it's like an Oreo and that's why I love it?

Jami: Maybe.

Fallon: I think that's accurate.

Jami: Maybe, yeah.

Fallon: I mean, I typically don't go for chocolate-flavored batter. I like just the original, you know-

Jami: Toll House?

Fallon: Toll house. But this Oreo cookie it's like dark-

Jami: I think I said it in Persia.

Fallon: Nestlé Toll House. Let me just describe it for the listeners that may not have consumed one. It is like dark chocolate batter. At least the coloring. I don't know about the flavoring.

Jami: Crumbl cookies is also a franchise. So it is all over the United States.

Fallon: It is. It is.

Jami: They just put one in at the end of my parents' neighborhood in the state of Washington.

Fallon: Oh, I love that.

Jami: I'm glad it wasn't there when I lived there.

Fallon: Love that for the Washingtonian.

Jami: I know.

Fallon: Washingtonians?

Jami: Washingtonians.

Fallon: Washingtonians.

Jami: But it's Wash, not warsh like a lot of people from Midwest would add just a little extra r in there. There's no r in Washington.

Fallon: Sure. Sure.

Jami: Hot take.

Fallon: Hot take. So Chocolate Oreo cookie from Crumbl. It is dark batter and then it has this awesome, amazing creamy white frosting on top. And then a little bit of crumbly of what I'm guessing could be Oreo, but maybe not the brand, but kind of that consistency of cooking on top.

Jami: Yeah.

Fallon: So good.

Jami: On the whole, are you pro frosting on a cookie or against?

Fallon: Okay, so if you asked five-year-old Fallon her thoughts on frosting, that's all she knew. She would take that doughnut that we talked about earlier and literally chop the frosting off the top and hand her father the rest of the donut with all the breading. I have now cursed myself because I've eaten so much frosting as a child that now as an adult I can hardly do much frosting if at all any.

Jami: We are living in different worlds. There's never a world where there's too much frosting for me.

Fallon: Sure. We're living on our slivers at the moment.

Jami: We are.

Fallon: Okay.

Jami: One of the looser rules for a future husband, as I'm looking... not rule, things to look for is-

Fallon: Sure.

Jami: ...are they only interested in cake? Because I'm only interested in frosting. And I just feel like we are the least wasteful together-

Fallon: Sure.

Jami: ...when we are, you know, better together.

Fallon: I like that. Do you have that on your Hinge profile?

Jami: I do, yes.

Fallon: Perfect. Okay. So anyone in Nashville comes across Jami-

Jami: Or anywhere.

Fallon: Oh, how far are you expanding your distance?

Jami: I don't know. I don't even know how that works on Hinge, to be honest.

Fallon: If you go to settings, you can like change it.

- Jami:** Oh, great.
- Fallon:** My Max is 15. I cannot go past 15 miles. I ain't traveling. I am a settled woman.
- Jami:** That's fair. That's fair. So yes, I am pro-frosting. Anyways, just I wanted to get your thoughts on that.
- Fallon:** Yeah, yeah.
- Jami:** Okay. Go ahead.
- Fallon:** Well, it's tricky because you asked me a question about frosting, and in my opinion, there's different types of frosting. Like, do you consider the cream inside an Oreo a type of frosting? Because that I could do all day any day. But like-
- Jami:** No, that's a cream.
- Fallon:** Okay. But like buttercream frosting?
- Jami:** Mm-mm, no, no, no, no, no.
- Fallon:** Can't do that. There's definitely been moments in my life where I have felt stressed and just went and bought a jar of frosting and just had spoonfuls.
- Jami:** So the Pillsbury like premade frosting that you just to use to like whip on a funfetti cake, I could do that frosting. It's almost like the fancier the frosting gets the less interested I am. It's very bizarre.
- Fallon:** Huh.
- Jami:** Yeah. I'm an equal opportunist when it comes to frosting. This is a large tangent, but I feel strongly about frosting.
- Fallon:** Sure.
- Jami:** And because it's cookie adjacent, I just feel like we need to set some parameters.
- Fallon:** And Crumbl cookies are known for their frosting.
- Jami:** They are. They are.

Fallon: So yeah, that's fine. Do you want to go with your...?

Jami: Okay, yeah. So mine is actually from another specific store. It's not just a type of cookie.

Fallon: Okay.

Jami: So Mrs. Fields.

Fallon: Oh, I forgot about Mrs. Fields.

Jami: Okay, I didn't know if they only had them out west Hove.

Fallon: In malls.

Jami: Yes, in the mall. That's where you would have Mrs. Fields. Mrs. Fields, White Chocolate Macadamia Nut cookie, hands down the best. I think about it. Because we don't have a Mrs. Fields here in Middle Tennessee. Have I looked? Would I have went on a road trip to go if there was? Yes. There is none.

Also, fun fact, if you do live near Mrs. Fields, in the seventh or eighth grade, my friends and I learned this, that the 30 minutes before the mall closes, they're trying to get rid of their supply. So those cookies are at a deep discount.

Fallon: Meaning free?

Jami: No. Like in the 80% to 90% off though. So you can get a whole bag of cookies for like five bucks. And so middle schoolers would be rolling in deep to clean out that cookie cabinet to make sure they could-

Fallon: Interesting.

Jami: ...stay within their budget from the cash their mom had given them to go to the mall, but also have their favorites.

Fallon: So I just want to say I was so with you with Mrs. Fields. The second you said it, nostalgia just erupted in my face and I was all about it. And then you committed the crime of saying macadamia nut cookie and that is where I flew out of the door and out of your life.

Jami: Great, more for me. I say I'm strong.

Fallon: What exactly is a macadamia nut because I have never found them to be very tasty?

Jami: Oh, I think they're amazing. I actually went and lived in Hawaii for a little bit this winter and they grow over there. And so everything has macadamia nuts and it's... I was like in heaven. It's a nut but it's a higher fat. So it's a richer... Like, if you're going to eat 10 almonds, you're going to want to eat like two or three macadamia nuts.

Fallon: Sure. If I'm being completely honest, I'm realizing that a lot of my dislikes and likes on food are based on texture. Like I'm sure I would enjoy the flavor maybe of a macadamia nut; the texture has me right out the door.

Jami: Mm.

Fallon: I don't know what it is about it. But do all macadamia nut cookies have white chocolate chips?

Jami: I don't think so. I just think the probably those two flavors are a good pairing. So they typically come together. How amazing would it be to be the chef that gets to pair together tasty cookies? Like, who was the chef that got to say-

Fallon: "I'm going to bake a batch of cookies and some of them are going to have these nuts in them. And maybe I'll throw some chocolate chips in there?"

Jami: And who thought like, "Let's put sea salt on this biz?"

Fallon: Yes.

Jami: Because that person is a-

Together: Genius.

Fallon: Agreed. Nobel Prize winner.

Jami: Yeah. The white chocolate macadamia nut I loved it because again, it's not the most popular flavor so there would always be some at the end of the day. If you were looking for a chocolate chip, you might be out of luck.

Fallon: Right. Right. Fair.

Jami: It's like having big feet. Either there's a lot of shoes in your size in clearance or you got nothing.

Fallon: Oh, that's accurate.

Jami: Some kind of just living out there on the edge.

Fallon: Sure, sure. Okay, I love that. Kind of. I have to love it

Jami: Here's the thing. I don't care if you love it or not because again, more for me.

Fallon: "More for me." I thought you're about to curse-

Jami: Oh, no.

Fallon: And you were just saying more for you.

Jami: More for me.

Fallon: I love that. Okay, can I go with my next one?

Jami: Yes, number two.

Fallon: Okay, so my number two is I put classic chocolate chip cookie on here. But can we just all assume that's one of our favorites?

Jami: Yeah, I mean, you could have it in your three or you could not. It's up to you.

Fallon: Well, I kind of have four because I'm really bad at picking favorites. Let's go with classic chocolate chip.

Jami: Okay.

Fallon: So my preferred classic chocolate chip is homemade and really doughy. I like it doughy. I know some people like their chocolate chip cookies crispy, chunky, crunchy.

Jami: I like mine pretty soft.

Fallon: Right?

Jami: Yeah. I like mine like to the point of you pull them out of the oven when they're not even all the way through baking and you put them on top of your oven and the pan is still hot and so it'll cook it just a little bit more. But once it's cooled, it's like...

[00:34:32] <music>

Annie: Okay, Johnny we're back. Excellent starting episode by the way, you guys. But you have got a hot take on that pig.

Johnny: Hot take. For the first time ever Fallon was right about the snack.

Fallon: Yes!

Annie: Really?

Johnny: The Peppa Pig is fantastic.

Fallon: But no, Percy Pig.

Johnny: That's right.

Jami: I said earlier that I keep calling it Peppa Pig because I've seen that show.

Fallon: Yeah, Percy.

Johnny: I am pretty definitively on team Jami for almost all opinions of the show for the first few episodes.

Fallon: Okay, okay.

Johnny: But the pig was fantastic.

Fallon: The best gummy you've ever had?

Johnny: The texture-

Jami: I know. I know.

Johnny: ...it's weird but amazing.

Annie: It's so good.

Jami: This isn't the right description but it's a creamy gummy.

Fallon: It is. It is.

Johnny: Yeah

Annie: That's exactly right. It's a creamy gummy.

Fallon: But it's not creamy but it is.

Jami: But it is. Yeah.

Johnny: It's like a cheesy pasta sauce. The texture adds to the flavor.

Jami: Sure.

Annie: Right, right. Johnny when you are... because you are the producer of the show-

Johnny: I am, yeah.

Annie: Well, this show—well, this show that everyone is listening to but also The Snack Show—are you hungry the entire time?

Johnny: I snack the whole time.

Jami: I also I'm just hearing that your team Jami and that makes me so excited.

Johnny: I got a shirt and a merch coming out week 2.

Fallon: I am sitting right here.

Johnny: I got some Team Jami-

Jami: Sorry, Fal pal.

Fallon: You go take that complicated food elsewhere.

Annie: Oh my... I can't wait.

- Johnny:** You're talking about the hard ways that you eat food, and I'm like, "Jami is a visionary."
- Jami:** No. Oh, man, that's one of my job-
- Fallon:** You know what? I bet you Annie is going to be team Fallon because I like to savor my snacks.
- Annie:** Did you see how hard I went on that Peppa Pig though? I made a memory of it.
- Fallon:** Percy. Percy.
- Annie:** Percy, sorry.
- Jami:** Again, team Jami. She said Peppa Pig once and everybody has called it that.
- Annie:** How long is it going to take us to get Team Jami, Team Fallon t-shirts?
- Johnny:** Already done. Already called the company.
- Annie:** We're going to have to have that pretty quick for The Snack Show.
- Jami:** Apparently Team Jami shirts are going to sell out and there's going to be hundreds of Team Fallon left.
- Johnny:** Team Fallon shirts are sold by IKEA because it's going to come in 10 steps. You got to put it together yourself before you enjoy it.
- Jami:** Ohhh!
- Fallon:** Oh my gosh. My two heart is crumbling.
- Annie:** Oh my gosh. Rocket, that is very fun.
- Fallon:** Back to the computer, Rocket.
- Annie:** How do we talk to y'all about our favorite snacks?
- Fallon:** So we do live on Instagram.
- Annie:** Oh, I'm following right now.

Fallon: @thesnackshowpod.

Annie: The Snack Show Pod.

Fallon: And that's where we really want to see the community start growing so we can have this conversation not just be between-

Jami: There are some polls in there.

Fallon: ...Jami and I but everyone.

Jami: Let's see who's Team Jami and who's Team Fallon.

Annie: Wow.

Fallon: Or maybe make that poll.

Annie: Let's not start with that.

Fallon: Yeah, yeah, maybe let's not start with that.

Jami: No, I mean, but like in our opinion see where they land.

Annie: I mean, it's fine that y'all aren't following me.

Fallon: Oh, well, we're not really following-

Annie: You're following-

Fallon: Okay.

Jami: Jami.

Annie: Jami. You're following Jami and four snack accounts.

Jami: Right. Right. Right.

Annie: You're following the other snack accounts.

Jami: We've got some foundation to build.

Annie: Yeah, a little bit.

Jami: We've been easy eating.

Annie: You also only have a few followers and they all work here. Except for one of your best friends, Kristen. She helps follows it.

Fallon: Hi Kristen.

Annie: Fallon doesn't even follow her own show yet.

Fallon: No.

Annie: So hopefully by the time you hear this-

Fallon: We haven't built it out yet, so we're not sharing.

Annie: Strategies. Yeah, strategies, right. But as of today, February 4, everybody-

Jami: You go straight there.

Annie: Yeah, everybody. And so that's where we can respond to you about snacks. We will have as the season continues... Well, I mean, this is just an ongoing show. So it's not even seasonal. Right?

Jami: Yeah, yeah, that's accurate.

Annie: Every Friday.

Fallon: Can't stop us.

Annie: Yeah, every Friday. I mean, y'all record so much.

Fallon: Every week.

Annie: But you do multiple shows a week. It's amazing. I look at the calendar and I'm like "The Snack Show is in the studio again? What are they doing?"

Jami: We're just batching them really.

Fallon: Building an empire.

Annie: Building an emp... Also snackpire.

Fallon: Ooh.

Jami: Love it. Love it. Love it.

Fallon: Sweet talk that.

Annie: Is the first episode where y'all say, "More for me"?

Fallon: Well, Jami-

Annie: Did they cut it out?

Jami: I don't know the answer. I'm a little bit sensitive but I have no idea where it exists.

Fallon: It absolutely still is in an episode-

Annie: It's coming, yes.

Fallon: ...but I don't know if it's Episode 1.

Annie: Yes. More for me is what you're saying?

Fallon: Yes.

Annie: Oh, it gets me. It got me real ticklish.

Fallon: We should have kept Johnny on the mic to talk about how many times he has to edit out Jami Louise Crockett and her comments.

Annie: Oh, boy! Oh, he's back. Hold on. He's back.

Johnny: I just changed to Team Fallon.

Annie: You did? You changed to Team Fallon over how many edits?

Johnny: Yeah. It takes 75 hours to edit a five-minute episode.

Jami: You know what? I am just providing so much content-

Annie: Color commentary.

Jami: ...you just have to pick one-

Johnny: Nothing but a service.

Annie: Yeah, that's it.

Jami: Best of the best.

Annie: That's it. That's it. Oh, man. Okay, you guys, we can all... I mean, I think that's one of the things that's different about The Snack Show than a lot of podcasts that exist right now is literally the episode is the start of the conversation.

Jami: Yes.

Annie: On Instagram and y'all as account... Like, we really want to hear about snacks from everybody.

Fallon: Yes.

Jami: Well, with 30 minutes we only have so much time. So we got to continue the conversation elsewhere.

Annie: Right. Right. Right.

Jami: And to hear other people's opinions. We're just two people.

Fallon: We're just leading.

Jami: We're not the only ones a part of it.

Annie: You're just building the snackpire.

Fallon: Yeah.

Jami: Yeah.

Annie: I get it. I get it. Fallon, of all the networks in the world, what made you pick to bring The Snack Show to That Sounds Fun?

Fallon: You know, I just thought they ran things so efficiently. Just their team is phenomenal.

Annie: That's it. It's really true. It's really true. Y'all, I mean, it is such a good fit for our network on a thousand levels, but-

Fallon: We're very honored.

Annie: Oh, it is the best. We talk a lot about the network being an amusement park. And we've got three shows joining this quarter which we're really excited about. Everybody already heard about the FAITHFUL Podcast joining. And they have such an important line. And so do y'all. Like it just-

Fallon: Without funnel cake stand at the amusement park. You know what I mean?

Annie: I've always said to you, you are my funnel cake. That is what I've always called you.

Fallon: Fun.

Annie: And my tour manager?

Jami: Yes.

Annie: Let's go on the road.

Fallon: It'll be so fun.

Fallon: In a week and a half.

Annie: Yeah, in a week and a half-

Jami: Let's do it.

Annie: ...yes, we go to Philadelphia.

Jami: Yes.

Annie: I can't wait. Are we snacking on tour?

Jami: Let's do it. Bring some snacks to us.

Fallon: Ohh.

Annie: Oh, I know, Fallon. Fallon's jaw has dropped because Jami is going to get a collection of snacks on tour.

Fallon: I'm so jealous.

Jami: But Jami the problem that we need to warn everybody about is when we're on tour, you are working. Like you're a tour manager so you don't get to like laugh with me and snacks. But you can receive snacks if people see you.

Jami: I can build in a 15-minute window every day.

Annie: Okay, okay.

Jami: We all need breaks. Everyone needs snack breaks.

Fallon: Sounds like a good Sabbath.

Annie: So if you're coming up to meet us on tour in one of our 12 cities, you can give them to the merch girl, you can give them to me at VIP. Or if you can't find Jami, you can pass snacks to any of us that are staff and we will get them straight to Jami.

Fallon: And feel free to say, "This snack is for Fallon. Save it for her."

Annie: Oh, yeah, yeah.

Jami: Honestly, if it's a savory snack, I'm like, "Ah, cool, I'll give that to Fal pal.

Annie: The problem will be that we'll put it on the bus and it'll get destroyed by all those boys.

Jami: I'll let them keep it in the base. We'll keep it in the base for you.

Annie: Any snacks to get delivered to us will be brought back here, Fal. Don't worry.

Fallon: Perfect. Perfect. Okay. I have a question for you, Annie. What is your snack of the week?

Annie: Oh, my snack of the week. My snack of the week... You know, I have been really hitting pretty hard this salsa from Trader Joe's, I think, that is fire-roasted.

Jami: Oh.

Annie: I'm a fire-roasted medium. I am a fire-roasted medium.

Jami: And what kind of chips are you dependent in that salsa?

Annie: Siete.

Jami: That's so good.

Annie: I'm doing the Siete Sea Salt. What's your snack of the week?

Fallon: My snack of the week is... Okay, I'm going to pull a Jami and say my snack of the week is more of a meal. But my snack of the week is-

Jami: Anything is a snack if you try hard enough.

Fallon: True.

Annie: We've got so many t-shirts to make. Anything is a snack if you try hard enough (TM).

Fallon: Which is you don't have to try very hard. Bone broth.

Jami: Oh, Fallon!

Annie: Fallon!

Fallon: No.

Annie: Johnny is coming back. Johnny is coming back

Fallon: Okay, okay. Miss Jami Crockett thinks peanut butter...

Jami: Okay, peanut butter jelly is a snack. Uncrustables, a snack. Bone broth is like-

Annie: A drink.

Fallon: You just said if I tried hard enough anything could be a snack. I tried very hard.

Annie: That's true. That's actually true.

Jami: That is true. That's true. You tried yourself out the building. That's what you tried.

Annie: Okay, but why bone broth?

Fallon: So I did a little fast where I had no protein for most of my life. I'm just kidding.

Annie: For the window time you were-

Fallon: And so I'm trying to ease back into the game.

Jami: Fallon, if you ever come on the pod and choose your vitamins as your snack, we are done.

Annie: That's it. That's it.

Jami: We're cutting out the contract. I will pay us out whatever we have to do, but we are out of here.

Annie: 100%. 100%.

Fallon: I just got nervous because I didn't have one on-

Annie: That's a good answer. That's fine. Jami, what is your snack of the week?

Jami: Oh, we're going back to Trader Joe's. Trader Joe's just treats me right in the snack department. I tried their coffee ice cream sandwiches.

Annie: What?

Jami: The sandwich part is a brownie and the ice cream part is coffee ice cream.

Annie: The sandwich part is a brownie, the ice cream part is coffee ice cream.

Jami: And they are a little tiny square. They're much smaller than an ice cream sandwich. They're probably inch and a half by inch and a half little square. So it's not as much.

Annie: That's surprising.

Jami: It's a little rising smaller tree, but wowzy zowzy.

Annie: Wowzy zowzy.

Jami: Sounds so good.

Annie: Fal, will you talk about the snack that Lillian brought us yesterday.

Fallon: Oh, my goodness!

Annie: Oh my gosh!

Fallon: Lillian-

Annie: Do you know this, Jami, that Lillian before she worked for me she ran a bakery?

Jami: I did know this, yes.

Jami: Our stomachs are blessed.

Annie: We are blessed.

[crosstalk 00:44:03]

Jami: I haven't tried any of those cherry flavored-

Annie: Another t-shirt.

Fallon: Another t-shirt. Add it to the merchandise. Oh my gosh, it's so good.

Annie: I'm so proud of that.

Fallon: It was so good.

Annie: Okay, So what did Lillian make?

Fallon: So it was chocolate, cherry?

Annie: Yeah, it was chocolate and cherry.

Fallon: Chocolate cherry like cake crumbles.

Jami: Oh my gosh!

Annie: She did that thing where you put like cherry pie stuff but she didn't... I don't think she candied. I think she made it. But cherry pie stuff and then brownie batter on top and then you shave butter.

Fallon: It was just "excuse me."

Annie: It's out here. It's out here. You can have a taste of it.

Fallon: That, actually reverse it... cut out all the stuff about the bone broth. My snack of the week was that cake.

Annie: Was Lillian's cherry chocolate.

Jami: That's the leadership I needed, Fallon. Thank you. Thank you for Redeeming Love over there.

Annie: Right now everyone can go to The Snack Show with Jami Fallon. And Jami is J-A-M-I F-A-L-L-O-N. So The Snack Show-

Fallon: K-L-U-G.

Annie: Yeah, Klug. Everyone should know the last name is Klug. Snack Show with Jami Fallon. Episode 1 and the trailer is out today, which you just heard.

Fallon: Two episodes for your little earbuds.

Annie: And then the next one comes next Friday. The Snack Show Pod is where we follow you on Instagram and give our... we need your thoughts immediately. Like waste no time. Go ahead, give us your thoughts on the first few posts.

Jami: And we're continuing to record. So if we've got thoughts on what we should talk about. We've started pretty high level but we're working pretty specific on some topics.

Annie: I think that's what's really fun is there are these like big macro like we talked about. Like there's gas station snacks. But then there's Buck-ee's episodes. And then there's like cookie snacks and then there's Oreo episodes.

Jami: Yes, yes, yes.

Annie: And you have some special guests coming?

Jami: We do.

Fallon: We do.

Annie: You're snackperts?

Jami: We're very excited.

Fallon: Everyone's a snackpert in their own heart.

Annie: Oh my gosh.

Fallon: So you know, everyone-

Annie: All the shirts. All the shirts we're making. Everyone is a snackpert.

Fallon: So we have people that will come in with their favorite snack and share about it and add to the conversation. So we're pretty excited. I mean, literally everyone that we talked to about this podcast was like, "Oh my gosh, can I come on and talk about dot dot dot."

Annie: I know. It is unbelievable. It's unbelievable. I cannot wait to hear what our friends think. You guys, this is really exciting. Happy launch day.

Jami: Oh, thank you.

Fallon: Thank you so much.

Annie: Snack about it. And you know the last question we always ask, because the show is called That Sounds Fun, y'all gotta tell me what sounds fun to you.

Fallon: Love it. So my fun thing is that Jami and I are about to record an episode coming up all about big game snacks aka Super Bowl snacks.

Annie: It comes out next Friday.

Fallon: Yeah, just in time.

Annie: Yeah, just in time, yes.

Fallon: People will be-

Annie: We need to cross the finish line.

Fallon: People will be fully prepared to watch the game.

Annie: Oh, that is really fun. I cannot wait to hear what y'all snacks are that you come up for the big game.

Fallon: For the big game.

Annie: For the big game. Okay, that's what sounds fun to you. I love that making your podcast sounds fun to you.

Fallon: I know.

Annie: Are y'all having fun doing it?

Jami: We really are.

Fallon: So much fun. I mean my stomach hurts every time we leave the studio, mostly because Jami says the most inappropriate things.

Jami: I was going to say I am a little apprehensive at me being out in the road as I've already called myself as the town idiot of the That Sounds Fun podcast. And then I just talked about Hallmark movies and kissing guys in elevators. But yes, I'm very excited.

Annie: I think it's going to be really fun. Jami, tell me what sounds fun to you.

Jami: Going on tour.

Annie: Oh, that's a kind of answer.

Jami: It's going to be so fun.

Annie: It is really going to be so fun.

Jami: I mean, I was ready for it in the fall and now we're doing it now.

Annie: That's right. It just is the right time. It's the right guess, it's the right cities-

Jami: I'm praying for warm weather on the West Coast. Like let's just a little sun on our skin-

Annie: Our first weekend is going to be chill.com. We understand.

Jami: It's winter. It's winter everywhere.

Annie: Yes, it's winter everywhere. But then we go to Florida, we go to Tampa. I'm like requiring us all to sit outside in Tampa for an hour. And then we hit California on the west run.

Annie: And then in Phoenix there'll be toast.

Jami: So I'm just hoping for a little warm weather.

Annie: Some warm weather and some new snacks. Yes. That's what we're going to be getting on this tour.

Fallon: That's it. I'm coming to one of the cities.

Annie: I thought you already were coming to one of the cities.

Fallon: I just haven't booked my plane ticket.

Annie: Here's what's true. Whatever city you come to, we're bringing you both on stage. I just need you to have a heads up that whatever-

Fallon: Sorry for whoever is the guest on that show.

Annie: We got The Snack Show in the house.

Fallon: Okay, maybe halfway through.

Annie: Okay. So you think in West Coast run?

Fallon: I think so. I love the West Coast.

Annie: I'm happy to pay for you to fly that far. When you could just-

Fallon: I thought it was going to be on my-

Annie: Of course, it's not.

Jami: Oh, you gotta spicy snack over there.

Annie: Fal, would you please come to the West Coast?

Fallon: I would love to.

Annie: Okay. So one of our six West Coast shows, we're going to have a little Snack Show moment on stage.

Jami: Okay.

Fallon: Okay.

Jami: Tell us which one, we'll be prepared.

Annie: Okay, great. I can't wait. I don't know which one yet. It'll be a surprise. We're not going to tell.

Fallon: Oh.

Annie: We're just going to let you show up.

Fallon: You are talking to Enneagram ones.

Annie: Oh, you're going to know. I'm just not going to say it on the microphone.

Jami: Oh, okay. Okay.

Annie: I can't surprise you-

Jami: I'm the tour manager, I will have to know who is at every show and coordinating every movement. So I will know.

Annie: That's exactly right. That's exactly right. And I'll have to buy your flight in advance.

Fallon: True.

Annie: So yeah, we aren't going to just-

Fallon: We're not-

Annie: We don't have private jets.

Fallon: We don't?

Annie: Oh, okay, enough of this. Let's let them go listen to The Snack Show. You guys make sure you subscribe. Go ahead and rate it and review it. It helps so much. And ladies, we'll see y'all next time.

Jami: I'll eat more snacks before then.

[00:49:26] <music>

Outro: Oh, friends, don't you love them? Listen, I am dying about this podcast. Y'all are going to love it so much. These episodes are the best. We all need something like this on a Friday.

So I want you to go right now as you are near your phone and subscribe to or follow The Snack Show with Jami Fallon wherever you're listening to this one so that you don't miss a single episode. And go follow them on Instagram. Remember, this is the beginning of the conversation but we really want to talk about snacks on the gram. They are The Snack Show Pod. Go follow them, get ready, this is going to be fun.

And while you are subscribing to the show, rate it all five of those stars, review it, share it with all your people who are snack lovers people. We talk about this show all the time around the office. We are so happy that it exists for you. We know you're going to love it as much as we do.

If you need anything else from me, you know, I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook. All the places you may need me, that's how you can find me.

And I think that's it for me today, friends. Go out or stay home, do something that sounds fun to you. Snack on something that sounds fun to you. And I will do the same. Today what sounds fun to me, I cannot tell you how happy I am about this show launching. That is what sounds fun to me today. I cannot wait to hear your thoughts on this show.

Y'all have a great weekend. We'll see you back here on Monday with my friend David Thomas and Sissy Goff from the Raising Boys & Girls Podcast. It's a really important conversation about courage and parenting and how to treat ourselves and our MiniBFFs with a lot of grace and love. And I'm really excited for you to hear this conversation. So go subscribe to The Snack Show, enjoy it. And we'll see you back here on Monday.