

Food for tot from a working mom

"Say no to Spaghetti-o-s," is the rallying cry for **Mary Anne Jackson's** 2-year-old company, **My Own Meals Inc.**, which markets high-quality (uncanned) lunch and dinner entrees for kids.

This month, the five-flavor line makes a test-run in both Jewel Food Stores and Dominick's Finer Foods Inc. If successful, the line of kids' meals will get a regular slot on the shelves.

Ms. Jackson, 35, is no stranger to the plight of busy working moms. She spent more than eight years with Beatrice Co., in both a corporate post and with Swift-Eckrich meats, before starting her own Deerfield-based company. She also has two children: a 3-year-old and a 10-month-old.

My Own Meal is unusual in that it comes in a shelf-stable plastic packet that can be either boiled or microwaved. Varieties include shells and meatballs, chicken with brown rice, peas and carrots and elbow macaroni with lentils, and barley ground pork in a creamy tomato sauce. They retail for \$2.39 to \$2.99 per meal.



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