

19 Party Recipes—Appetizers and Cookies

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HOME IDEAS

MEALS FOR KIDS

When there's no time for a home-cooked meal, My Own Meal can help you feed those hungry kids in a hurry! Shelf-stable, pre-packaged meals are nutritious and free of artificial ingredients, preservatives and MSG. Developed for the tastes and nutritional needs of children ages two to 10, these meals will make you guilt-free on those really busy evenings. Meals are intended to be prepared by adults and can be microwaved in 90 seconds or boiled in four minutes. There are five varieties of My Own Meal. Because they are shelf-stable, they require no refrigeration and are ideal for taking along to the babysitter or day care provider. My Own Meal packages are available at major grocery chains