

MARY ANNE JACKSON KIDS' FOOD WHIZ

To Mary Anne Jackson, kids mean business — big business. Jackson, 38, is founder and president of My Own Meals in Deerfield, Ill., a company that makes shelf-stable, microwavable kids' meals that are long on health and short on prep time.

Jackson realized the need for quick, healthy kids' meals in 1986, when she worked as head of operations planning for Beatrice Cos., a food company that sold out to a New

York organization during that year.

"I spent Sundays making a week's worth of meals for the baby-sitter to give my daughter, Katie, while I was at work," Jackson recalls. "It made me aware of the need for convenient, healthy children's meals."

Her chance to fill that need came later in 1986 when she lost her job during a corporate takeover, motivating her to start her own food company.

The result? My Own Meals — all

natural kids' meals that contain no additives or preservatives and, with the suggested side dishes, around 30 percent calories from fat (the amount recommended by the American Heart Association). The meals, which are stored in vacuum-sealed pouches, include chicken, brown rice, lentils, pasta and vegetables and were hailed by *Longevity* magazine as "the healthiest choices on the market."

Jackson attributes her entrepreneurial successes partially to her family. She inherited her business sense from her father. "He's an expert at turning around failing businesses and making them profitable."

She credits her siblings for helping her master the art of leadership. "As the oldest of seven brothers and sisters, I was often their surrogate parent," she explains. "I was the take-charge type, and I liked to make them do things my way."

Her healthy life-style has played a role in her successes, she believes. "I'm a big proponent of health foods and exercise. I take **vitamins**, do aerobics, and eat healthy foods, including lots of **fresh fruits and vegetables**. I also bike ride with my kids [she now has two, ages 6 and 3] and carry a jump rope with me when I travel."

Her father and siblings helped her realize her business potential, but her mother influenced her healthy life-style. "Mom advocated everything in moderation, especially food," she explains. "And she insisted we spend time playing outdoors. If we sat around, she gave us chores to do."

Doing chores didn't give her a bad attitude about work, however. In fact, she thrives on it. "I love my work, and I think my healthy life-style helps me deal with the stresses that accompany any job, especially the job of owning my own business." ■



Mary Anne Jackson

Our new healing formulas are so effective



we guarantee them!*

Ancient Healing Formula teas are based on the science of Ayurveda, the world's most ancient healing system. Ayurveda's common-sense approach to life is making perfect sense to more and more people everyday. You too can benefit from the thousands of years of research and observation that have led to the development of Ancient Healing Formula ayurvedic teas.

*Satisfaction guaranteed or your money back!

Our four new formulas are just right for today's health concerns: *Ginger Tea*, *Cold and Flu Tea*, *Easy Lax Tea* and *Immune Fitness Tea*. Delicious, pure and effective. Ancient Healing Formulas. Let them work for you.

3629 10th Avenue
Los Angeles, CA 90018
(213) 732-2218

