

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
PRECIS SYNDICATE, INC.**

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87 WORDS, 30 SECONDS

NUTRITION FOR ACTIVE FAMILIES

JUST BECAUSE YOUR FAMILY IS CONSTANTLY ON THE GO, HEALTHFUL EATING NEEDN'T GO BY THE WAYSIDE. YOU CAN MAKE GOOD FOOD CHOICES, CONTROL PORTIONS, STAY ACTIVE AND SIT DOWN AT MEALTIME TOGETHER. MANY GREAT-TASTING, FRESH IDEAS FOR BRINGING A FAMILY TOGETHER AT MEALTIME—including side dishes, key ingredients, even complete ready-to-heat meals—are in the frozen food aisles at the grocery store. For recipes, meal solutions, and valuable prize opportunities, visit the National Frozen and Refrigerated Foods Association at EASY-HOME-MEALS--DOT--COM.