

Pointers for Parents

Look To Your Pantry For Clues On Your Mealtime Personality

(NAPSA)—What kind of mealtime mom are you? All moms approach mealtime differently, and research from Rutgers University identified four distinct groups that moms fall into based on the contents of their pantries and how they plan and prepare family meals. These four groups make it easier for moms to identify their mealtime personalities and to make more-nutritious food decisions for their families based on their personal preferences.

• **Harried Harriet**—These time-conscious, stressed moms are typical emotional eaters and, when times get stressful, they're often satisfied with what's the most convenient food choice.

• **Stable Mable**—These health-conscious, unbiased moms are adventurous eaters who value food-related activities, like cooking for fun or cooking with friends, but don't necessarily enjoy them. Their decisions are based on nutrition qualities rather than price and convenience.

• **Busy Izzy**—These working, convenience-driven moms are most interested in learning how to prepare meals quickly. Their food choices tend to be based on convenience and time available.

• **Sunny Susan**—These happy, healthy, foodie moms enjoy eating a variety of new and different foods. Foods are chosen with an eye on price and product information labels. Preparing quick meals is not a top priority for these moms.

Published in *Nutrition Research* and commissioned by the Canned Food Alliance (CFA), the Rutgers University study is the first of its kind to classify moms



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into mealtime personalities to help understand what causes them to pick the foods they do. The study suggests that by recognizing how today's moms fit within these four profiles, they'll be better able to make improved food choices for their families.

"Whether you're choosing foods for taste, health, convenience or all of the above, it's important to remember that pantry staples like canned foods are a "go-to" solution that all moms can count on," said Carolyn O'Neil, noted nutrition expert and author of *The Dish on Eating Healthy and Being Fabulous!* "I like this study because, as a registered dietitian, it gives me real-life solutions that I can recommend to moms who are seeking easy-to-make, tasty meals to improve their family's nutrition."

For the complete study and hundreds of nutritious, delicious and easy-to-prepare meals and tips for cooking with canned foods, visit www.mealtime.org.