

HINTS FOR HOMEMAKERS

Ask Nellie: Helpful Answers To Household Questions

(NAPSA)—According to Nellie O'Brien, food storage and organization expert and Tupperware consultant, the kitchen is the most unorganized room in American homes. Looking for a bit of sense in your unorganized madness? Nellie answers all of your household and organization questions:
Dear Nellie,

My husband and I often work late and by the time we get home, we are exhausted. Even though I am overextended, I still want to provide my family with a hot, nutritious meal. Do you have any ideas?

—Fast Food Junkie
in Farmington, CT

Dear Fast Food Junkie,

Everyone wants to provide his or her family with a nutritious, home-made meal, but that can be a challenge in today's chaotic world. A great idea is to make one large meal, like baked ziti or a casserole and freeze single servings for later use. Tupperware's Rock 'N Serve containers are available in a variety of sizes and can be transferred from the freezer to the microwave. This will make your meals both quick and easy for all members of the family.

Dear Nellie,

I love to cook for my family and friends. But whenever I reheat my "famous" sauce for my admirers, it splatters, leaving my microwave a mess. Do you have any tips on keeping my microwave clean?

—Constantly Cleaning in
Cold Spring Harbor, NY

Dear Constantly Cleaning,

Reheating food in the microwave is a great way to save time, but can also cause a mess if you're not careful. Be sure to use a container with a good seal and ventilation system



Tupperware® CrystalWave™ containers are designed for all microwaving needs.

to let steam escape. A container with these features is sure to keep splatters to a minimum.

Dear Nellie,

I like to eat healthy foods and I often bring my lunch to work. But I'm quickly getting tired of the everyday sandwich. Do you have any healthy suggestions for lunches?

—Hungry in Houston, TX

Dear Hungry,

Sandwiches are a great and easy lunchtime meal but even the biggest sandwich lover can grow tired of the same thing day in and out. Fortunately, there are many great options for lunch. Make a large pasta and vegetable dish for dinner and separate leftovers into smaller portions for your lunch the following day. Or create a large batch of your favorite vegetable soup and take the leftovers to work. Tupperware's CrystalWave Soup Mug is perfect for any soup lover. The virtually air- and liquid-tight seal keeps your soup fresh and spill-free.

• To find the nearest Tupperware consultant, call 1-800-919-8900 or visit www.tupperware.com.