

# Simple Tips For Moms On The Go

(NAPSA)—With summer winding down and school right around the corner, moms across the country will be jetting off to soccer practice, ballet lessons and after school programs. On hectic days, even the simplest tasks can sometimes become daunting. No matter where your busy life may take you, Tupperware® has all the products and tips to help make everyday run a little smoother.

**Social Moms.** With so many activities going on, sometimes moms' social lives are forced to take a back seat. However, a recent trend called "mom-gating" reports that moms' everywhere are putting an end to this and are making social gatherings out of everything from soccer and baseball games to gymnastics. The standard minivan and station wagon have now become portable parties. Make sure you're always prepared with the Tupperware® Rectangular Cake Taker—it's perfect for carrying cakes or pastries and with a simple flip, the container can hold up to 18 cupcakes. With a convenient handle, this container was made to go on the road. For a healthier route, fill the Tupperware Serving Center® with fresh fruit and vegetables. The center bowl is perfect for your favorite dipping sauce.

**Simple Snacks.** After a long day at school, kids have one thing on their mind—snacks. Busy moms can plan ahead and always be prepared with healthy snacks to keep kids happy and satisfied. Pack raisins, mini crackers or Cheerios into mini containers. For bigger kids with a heartier appetite, keep sandwiches or wraps fresh in the Tupperware Sandwich Keeper set.



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Don't forget to stay hydrated. Keep water and sports drinks handy for kids on the go.

**Calendar Convenience.** The best way to reduce stress and stay organized is to be aware of all activities that are going on—ahead of time. Create a calendar and color code each child and their corresponding activities. Be sure to place the calendar in a common area of the house like the kitchen or the playroom for all family members to see. Keeping practices, recitals, programs and meetings all in one place will help even the busiest families stay organized.

**Team Family.** Invite kids to help keep mom organized. Ask them to pack their own snacks the night before school or a big game and encourage them to make sure that school backpacks are packed and team uniforms are ready to go before bedtime. Remember, being a family is like being part of a team—working together works.

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