

# MONEY SAVING IDEAS

## Quick Lunch Fixes

(NAPSA)—Bringing your lunch to work or school can be a simple way to save money and calories. Try these tips for building a better lunch box:

- Keep moist foods such as sliced tomatoes in their own bag so the rest of your lunch isn't soggy.

- Try to prepare your lunch the night before to save time in the morning.



**Food For Thought—Snacks such as cholesterol-free Pretzel Crisps are a low-calorie way to add taste and texture to a healthy lunch.**

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- Bring plenty of fresh fruit. Not only is it portable, it can also help you feel full and satisfy your sweet tooth.

Also, remember that you can add a delicious crunch to your lunch while keeping good health on your plate. Try pairing fun snacks such as trans fat- and cholesterol-free Pretzel Crisps with soup or a sandwich for a burst of flavor and texture. They come in varieties including Buffalo Wing, Everything, Honey Mustard and Onion, and All-Natural Original.

For more tips and information, visit [www.pretzelcrisps.com](http://www.pretzelcrisps.com).