

Nutrition For Active Families

Help Your Family Stay Connected And Nourished This School Year

(NAPSA)—For many families, the busy pace of school routines makes it seem hard to stay connected and eat well—but it can be done.

These simple and easy ideas can make it easier to stay connected and well nourished throughout the school year.

Bake some love. Sharing fresh-baked cookies and milk at after-school snack time is a terrific way to catch up on your children's busy day. And packing homemade cookies in a lunchbox, along with a small note, can show your love and help you stay connected even while the kids are away. Find a fun selection of kid-friendly recipes using NESTLÉ® TOLL HOUSE® Refrigerated Cookie Dough at www.VeryBestBaking.com/kids.

Make dinnertime family time. Studies show that kids who have regular family dinners together tend to get better grades and have a more positive self-image. Make dinnertime something the entire family looks forward to with fun ideas like "Conversation Starter Placements" or a weekly "Mac and Cheese Bar." These and more great family meal-time ideas and activities can be found at www.LetsFixDinner.com.

Energize with smart choices. Nutritious snacks help fuel busy school days. Send kids off with energy-rich snacks like granola or trail mix. Jazz it up with fun, better-for-you treat ingredients like dark chocolate NESTLÉ® RAISINETS® or NESTLÉ® Cherry RAISINETS®, with real fruit, antioxidants and 30 percent less fat than the leading chocolate brands (8g of fat vs. 11.4g fat in 45g of the leading chocolate



Kids will love this jiggly treat. Visit JuicyJuice.com for more delicious recipes made with 100% juice.

brands). Pack 100% juice boxes (without added sugars) in their lunchboxes, make juice smoothies or prepare Juicy Juice Snack Squares—a jiggly treat made with fresh fruit and JUICY JUICE® 100% fruit juice. This back-to-school snack is something the family can make together, plus it's a tasty way to help kids get the whole-some vitamin C they need.

Save on back-to-school. According to the National Retail Federation, the average American family will spend over \$600 on back-to-school purchases this year. Enter Nestlé's "Happy New School Year" Sweepstakes at www.NestleFamily.com/back-to-school for an opportunity to win the grand prize of \$5,000 to spend on back-to-school essentials for your family, plus a \$2,000 Nestlé literacy grant for your school*.

For more inspiration and ideas on nourishing healthy, happy families during the school year, visit www.NestleFamily.com/back-to-school.

*No purchase necessary. Sweepstakes starts 7/22/2010 and ends 10/15/2010. Open to legal residents of the 50 U.S. states and D.C., 18 or older. Void where prohibited. Subject to full rules; rules and prize details available at www.NestleFamily.com/back-to-school.

JUICY JUICE SNACK SQUARES

(Makes 9 servings)

- 5 cups any flavor NESTLÉ® JUICY JUICE® All Natural 100% Juice, *divided*
- 4 envelopes (7 grams each) unflavored gelatin
- 1½ cups sliced strawberries and/or sliced bananas*
- 1½ cups additional sliced fresh fruit (optional)
- 2 cups whipped cream (optional)

POUR 1 cup Juicy Juice into large bowl; sprinkle with gelatin. Pour remaining 4 cups Juicy Juice into medium saucepan; bring just to a boil over medium-high heat. Pour into bowl with gelatin; stir until gelatin is completely dissolved.

POUR into 8-inch-square baking dish. Gently stir in 1½ cups sliced fruit; cool. Refrigerate for 2–3 hours or until set. Cut into cubes to serve. Top each serving with additional fruit and whipped cream.

***NOTE: 1½ cups frozen, thawed berries or fruit may be used in place of strawberries and/or bananas.**



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