

Making Life Easier

Five Suggestions To Simplify Your Daily Life

(NAPSA)—Life can be a little less complicated if you consider these hints to help simplify daily life:

1. Before you barbecue.

Preslice and chop veggies for sides the day before a family barbecue. Similarly, bake treats the night before, cool and seal them in airtight containers. Cutting back on prep the day of an event means more time to mingle and enjoy the company of family and friends.

2. Simplify s'mores. Portion out s'mores supplies for a camping trip by placing equal amounts of marshmallows, graham squares and chocolate pieces into separate baggies for each camper. When the time comes to roast this favorite treat around the fire, there will be no scrambling for supplies and no one will worry about missing out on the chocolate!

3. Break up cleaning projects. Spread household chores throughout the week. Pick a time to clean every day and pair each room with a specific day of the week; for instance, always declutter the living room on Tuesdays. Set a timer for 20 to 30 minutes, and tackle that daily chore.

4. Tote a gym bag. Pack a gym bag with workout clothes, a towel and a water bottle and keep it at your desk or in your car. Having these items easily accessible will make it easier to seize any window of opportunity for exercise.

5. Stock the kitchen. Avoid the weekday "what's for dinner?" crunch by stocking a few staples



Eating well while camping out can be fun and easy with the help of some simple tips.

in the pantry. Keeping dried grains or pastas from the bulk aisle, frozen veggies, favorite proteins and fresh salad greens in the pantry or fridge helps when busy days call for throwing together a quick meal. Stock up on *R.W. Knudsen Family® Just Juice®* juices to use in a quick salad dressing or reduction sauce with wholesome fruity flavors.

To celebrate the simple things in life, *R.W. Knudsen Family* created the Share Your Simple promotion. The company's all-natural beverages have been made with a simple philosophy for more than 50 years without added sugar or artificial ingredients.

You can share your tips to simplify life for a chance to win one of three \$4,500 Grand Prizes or 14 biweekly prizes at www.facebook.com/rwknudsen.

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