

Mom-Approved Mealtime Fun

(NAPSA)—Parents today are looking for fun, creative ways to encourage their kids to enjoy family mealtimes. A recent Heinz Silly Squirts Ketchup survey showed that six in ten moms with kids at home serve foods in fun shapes, colors or sizes to get their kids to eat their meals.

To spark kids' imaginations and let them feel a sense of independence, moms like to choose products that come in kid-friendly sizes and packaging. In fact, the survey showed that more than three out of four moms (76 percent) say they wish there were more products designed specifically for kid-sized hands.

Cutting loose and enjoying mealtime with the family takes a little imagination and a lot of love, but it'll be worth it! Here are some ways to get creative and even a little silly:

- **Keep it Lively**—Encourage kids to use their imaginations during dinner by playing games like 20 questions, trivia or "I spy"—all revolving around the foods being served.

- **Kid "Kreations"**—Involve the kids while getting dinner ready and make it fun! Let them twirl the salad spinner, snap veggie stems or put healthy toppings on pizza.

- **Take it Outside**—Enjoy the weather together. Pack up and take your meal to the backyard, beach or park for some fresh air, activity and a grill-out. Be sure to fire up summer-favorite foods like hamburgers, hot dogs and corn, along with pasta salad and apple-



sauce on the side and don't forget the condiments.

- **Creative Caps**—Let the kids get creative. For example, new Silly Squirts Ketchup has a cool cap with three flip-top drawing nozzles, each dispensing ketchup in a different design that lets kids squirt ketchup in fun shapes, squiggles or designs. With an easy-to-squeeze bottle, it's the right size for kids' hands to control application.

- **Artistic Inspiration**—Have the kids transform the kitchen or dining room with their artistic skills and some decorations like colored pencils, construction paper and markers. Use big sheets of paper for a tablecloth and encourage kids to draw their own designs on it. Let the kids set their places at the table with their favorite colors to make them feel extra special.

- **Taking Tasks**—Make games out of dinner chores. Pull tasks from a hat and reward everyone at the end of dinner with a "do-it-yourself" dessert like smores or root beer floats.