

Beating The Morning Rush

(NAPSA)—Here's some eye-opening news: approximately 87 percent of Americans have trouble getting to work on time, according to a recent nationwide survey.

The top three reasons people gave for running late in the morning are general laziness, family/household duties and commuting problems.

The survey of 1,000 American adults set out to discover what makes people rushed in the morning and late to work. Getting the kids up and ready proved to be the number one reason for people who said the family and household duties make them late in the mornings.

Hitting the snooze button too often is another morning obstacle, with 57 percent of Americans saying that they have hit the snooze button as many as six times before getting up at one time or another.

Chef America, sponsors of the survey, found out that if people had another 10 minutes in the morning, the number one thing they would do is eat a more satisfying breakfast. Yet for many Americans who rush to get to work and get their kids to school in the A.M., there seems to be no clear breakfast choice before leaving the house.

Perhaps as a result, breakfasts that can be made fast and eaten on the run have become popular.

For example, Hot Pockets® for Breakfast have become many people's answer to their rushed-morning dilemmas. The breakfasts come in bacon, egg and cheese; ham, egg and cheese and sausage, egg and cheese. The Lean Pockets® line is available in bacon, egg and



Early To Bed, Early To Rise? Fifty-seven percent of Americans have hit their snooze buttons as many as six times before getting up in the morning.

cheese. Chef America calls the sandwiches “natural extensions of the popular sandwich brand.” Each sandwich is a good size for breakfast and is ready in one minute in the microwave.

The sandwiches are a great option when running late because they cook quickly, and they are convenient—no dishes necessary, no messy cleanup.

Chef America, creators of Hot Pockets brand sandwiches, is a family run company that has successfully anticipated America's eating trends and responded with innovative, quality products for nearly a quarter century. The company helped make food more convenient with its creation of frozen stuffed sandwiches and continues to be a leading manufacturer in frozen hand-held meals and snacks.

For more information visit www.chefamerica.com.