

# RADIO ROUNDUP

a collection of features, oddities,  
and helpful tips



**NORTH AMERICAN  
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87 WORDS, 30 SECONDS

## EATING WELL IDEAS

WHEN PLANNING YOUR MEALS, TAKE A FRESH LOOK AT FROZEN FOODS. THE PICKING, CLEANING, SLICING AND DICING ARE ALREADY DONE AND YOUR FAVORITE FOODS ARE AVAILABLE IN EVERY SEASON. THERE'S NO SPOILAGE OR WASTE WITH FROZEN FOODS AND PREPARATION, COOKING AND CLEANUP ARE QUICK AND EASY. A GREAT TIME TO STOCK UP ON FROZEN FAVORITES IS DURING MARCH FROZEN FOOD MONTH. FOR VALUABLE PRIZE OPPORTUNITIES, TASTY RECIPES AND MORE INFORMATION, VISIT THE NATIONAL FROZEN AND REFRIGERATED FOODS ASSOCIATION WEBSITE AT [EASY-HOME-MEALS--DOT--COM](http://EASY-HOME-MEALS--DOT--COM).