



TIME SAVING TIPS

Frozen Foods Can Calm Hectic Schedules



Bring variety, not stress, to weekend plans with tasty snacks.

(NAPSA)—The change of seasons can be an exciting time: Football is in full swing, nature's fireworks are on display and the hazy heat has faded into cool, crisp weather. But as great as fall can be, it also means it's time to get back to reality and busy schedules.

Fortunately, with all the delicious selections now available in the frozen food aisles, it's easier to make it through your hectic week. And maybe more important, they make it easier to find time to relax while still enjoying an appetizing spread of refreshments.

- Breakfast can be hassle-free if you opt for frozen foods. Waffles, breakfast pastries, bagels and juices can get the day started right, with no time wasted.

- Pizza bites are just one example of a great heat-and-eat snack option that will hold you over until dinner.

- Whether you're entertaining guests or just keeping it low-key, whip up a spread of appetizers that will satisfy your snack cravings without missing a minute of the game. With options such as frozen

pizzas, wings, dips, chicken tenders, mozzarella sticks, spicy cheese bites and hot pockets, there's something for everyone. Celebrate after the game with desserts such as pies, cakes and ice cream.

Here's a great recipe that will excite football fans everywhere:

Cocktail Meatballs

12 oz. chili sauce

12 oz. grape jelly

1 package (38 oz.) frozen meatballs

In a saucepan, mix chili sauce and grape jelly; heat and stir until smooth. Add meatballs, cook for approximately 20 minutes, stirring occasionally. Transfer to a serving dish and enjoy.

The National Frozen & Refrigerated Foods Association celebrates October Frozen Food Festival with great promotions and a chance to win \$7,500 in a sweepstakes. For more information, visit www.BringUsToYourTable.com.