

News Of Nutrition

Healthy Tips For Growing Families

(NAPSA)—It's hard work making sure your family has all the tools they need to succeed. With busy schedules, nutrition and healthy habits often take a backseat.

Planting the seeds for healthy habits in the kitchen is a snap! Take advantage of the season's abundance of fresh fruits and veggies for a fresh perspective on better eating habits. Be Picasso of your plate by adding foods of vibrant colors and crisp textures.

Try these quick and easy tips for putting more spring in your family's step:

- Tired of the same vegetable side dishes? Break old habits and explore using fruit and vegetable juices in salad dressings, glazes, flavorful drinks and even desserts.

- Turn your kitchen into a garden extravaganza with lots of fresh produce, fruit and vegetable juices, and garden-inspired plates and glassware.

- Grow your own veggies. If you don't have room for a garden, consider a garden in a bottle. Cut a plastic juice bottle in half, add soil and see what you can grow.

How do you reuse your empty juice bottles? Share your ideas at www.oceanspray.com.



Fruit & Veggie Frozen Pops are a fun and tasty way to eat your veggies.

Fruit & Veggie Frozen Pops

- 4 cups Ocean Spray® 100% Juice or Light Juice Drink
- Fruit & Veggie Cranberry
- Strawberry Banana or Tropical Citrus
- 8 5-ounce paper cups
- 8 6-inch squares of heavy-duty foil
- 8 wooden craft sticks

Pour ½ cup juice into each paper cup. Place foil over tops of cups; press and form around cups so top is tight.

With sharp knife, cut a small slit in center of foil on each; carefully insert sticks in each cup so they are standing up straight. Place cups on tray or baking sheet with sides. Place flat in freezer. Freeze overnight or until solid. To serve, remove foil; warm cups slightly with hands to lift out or peel paper from frozen pops. Makes 8 pops.

Visit www.oceanspray.com for more tasty spring and summer recipes.