

RADIO ROUNDUP

a collection of features, oddities,
and helpful tips



**NORTH AMERICAN
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92 WORDS, 30 SECONDS

HELP KIDS EAT HEALTHY

GOOD NEWS FOR PARENTS CONCERNED ABOUT GETTING KIDS TO ENJOY A HEALTHFUL DIET. THERE ARE SIMPLE STEPS YOU CAN TAKE. THESE INCLUDE EATING TOGETHER, INVOLVING CHILDREN IN PACKING THEIR OWN LUNCH FOR SCHOOL AND DRESSING UP A MEAL WITH MAYONNAISE, SALAD DRESSINGS AND CONDIMENTS. HOT SAUCE, SALSAS, PREPARED HORSERADISH AND DIJON MUSTARD CAN ADD JUST THE KICK TO FOOD IT NEEDS. TRY SALAD DRESSING AS A DIP OR A MARINADE FOR MEATS AND VEGGIES, SUGGEST THE EXPERTS AT THE [ASSOCIATION FOR DRESSINGS AND SAUCES](http://DRESSINGS-AND-SAUCES.ASSOCIATIONFOR.DRESSINGS-AND-SAUCES.DOT-ORG). LEARN MORE AT DRESSINGS--HYPHEN--SAUCES--DOT--ORG.