

# RADIO ROUNDUP

a collection of features, oddities,  
and helpful tips



**NORTH AMERICAN  
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83 WORDS, 30 SECONDS

## HELPING KIDS EAT WELL

GOOD NEWS FOR BUSY FAMILIES THAT KNOW THE IMPORTANCE OF MAKING HEALTHY FOOD CHOICES—BUT CAN'T ALWAYS FIND THE TIME: THE GROCER'S FROZEN AND REFRIGERATED FOOD AISLES OFFER HEALTHFUL, BALANCED AND NUTRITIOUS OPTIONS THAT CAN BE PREPARED IN MINUTES. PERHAPS EVEN BETTER, SPECIAL DEALS ON MANY OF THESE FOODS CAN BE FOUND IN OCTOBER WHEN THE NATIONAL FROZEN AND REFRIGERATED FOODS ASSOCIATION CELEBRATES THE COOL FOOD FOR KIDS SCHOOL EDUCATION PROGRAM. RECIPES, TIPS AND SWEEPSTAKES INFORMATION ARE AT [EASY-HOME-MEALS--DOT--COM](http://EASY-HOME-MEALS--DOT--COM).