

Hot Trends In Cold Food

(NAPSA)—With spring in full swing and the steamy summer months just around the corner, Americans find themselves craving fresher, lighter foods that offer relief from the sweltering heat. On menus in some of the finest restaurants across the country, cool and refreshing dishes are the highlight, from chilled soups to crisp salads and decadent frozen desserts. Fortunately, this exciting trend can easily be replicated at home. Tupperware offers some tips on making and transporting the season's most popular frigid fare.

- **Fresh Rules!** Highlight the season's most vibrant flavors and ingredients by integrating fresh fruits and vegetables into all of your meal planning. By using produce from your local market or farm stand, you can create delicious, budget-conscious meals that require very little work and are also extremely nutritious.

- **Pack It Up.** Packing a lunch can cut down not only on money spent, but on caloric intake as well. Make a delicious cold gazpacho, vichyssoise or melon-based soup for dinner on a warm evening, and pack a serving for lunch at the beach the next day. Remember to put it in a virtually air- and liquid-tight container from Tupperware before transporting it and be sure to use an insulated pack to keep it cold. The Tupperware® Party Cooler Tote is a generous-sized insulated carrier, perfect for bottled beverages or a



chilled meal on the go, with extra room for a beverage and snack.

- **Take a Dip (without ruining your diet)!** Try adding mustard and your favorite fresh herbs and spices to yogurt and fat free sour cream to create delicious dips for fresh veggies, and carry them as a snack anywhere.

- **Drink Plenty of Fluids.** It is important to drink lots of fluids every day during the warm weather months and especially on very hot days. Don't wait until you feel thirsty—at that point you may already be dehydrated. Most beverages, including water, taste better chilled. On long car trips, beach outings or family picnics, be sure to include a thermal pack to keep your food and drinks cold. The Tupperware® Chill Wrap is a reusable thermal wrap that is frozen and can be placed around a bottle of your favorite beverage to keep it cold for hours.

This summer, escape the heat through the foods you eat! To obtain more information about Tupperware® products, call 888-919-8099 or visit www.tupperware.com.