

# CONTEST CORNER



## Kid-Friendly Foods Make Mealtime More Fun

(NAPSA)—Parents can beg until they're blue in the face for kids to eat broccoli, but kids might eat their vegetables faster if they could turn them blue—or pink.

In fact, a recent survey of more than 1,000 parents revealed that seven out of 10 parents said fun foods and condiments would help bring their kids to the dinner table. Parents overwhelmingly agreed that kids, ages 6 to 12, need more incentives to eat their veggies than teens.

Now, there's a new spread called Parkay Fun Squeeze, available in Electric Blue and Shocking Pink colors, that can help kids squeeze more fun and color into their meals, while adding calcium and vitamins.

Parenting expert Julie Edelman suggests that giving kids fun ways to make a meal their own creation gives them a sense of control to help get them to the table and focus their attention at mealtime.

"Kids can use Parkay Fun Squeeze to transform ordinary foods, such as waffles, toast and even broccoli, into colorful and tasty creations to make mealtime fun," Edelman said.

The spread is designed to be kid-friendly with no-slip squeeze grips, a flip-top cap and a smaller spout to help control portions. Available in 10-ounce bottles, the spread provides 10 percent of the FDA recommended daily intake of calcium and vitamins A, D and E. Fun Squeeze contains no cholesterol and no trans fatty acids.

In addition to serving up fun condiments, Edelman suggests involving the kids in meal preparation. Tips include:



**A "fun squeeze" can add color, fun, calcium and vitamins to kids' meals.**

**Go with the Flow.** Kids are more apt to try new and healthier foods and will feel proud of their creations if they have a hand in preparation.

**Food for Fodder.** Ask kids to tell how they helped prepare the meal or lead them in a fun rhyming game incorporating the names of the foods on the table.

To further inspire children to eat their broccoli, Fun Squeeze encourages parents and kids to enter its "Give Your Kids a Squeeze" essay and photo contest, which runs through Feb. 11, 2002. Parents and kids can submit a 100-word essay describing how they "squeeze" more fun into mealtime, as well as a snapshot capturing themselves in a fun "squeeze."

One grand prize winner will receive a Parkay Family Fun Package valued at \$5,000, including either an "Electric Blue Bash" or a "Shocking Pink Party" for 25 friends. Second and third place prize packages include movie tickets, instant cameras and year supplies of Fun Squeeze.

For information about the contest, call toll-free 1-866-BLU-PINK.