

Kids In The Kitchen

Mouthwatering Ways To “Max” Out Calcium Intake

(NAPSA)—Make no bones about it—kids need calcium and a lot of it to build strong bones and healthy teeth. According to the National Academy of Sciences, Institute of Medicine, children between 4 and 8 years of age need 800 milligrams each day, while those in the peak bone-building ages, 9 to 18, require 1,300 milligrams.

Yet, that research shows that two out of three kids don't get the calcium they need.

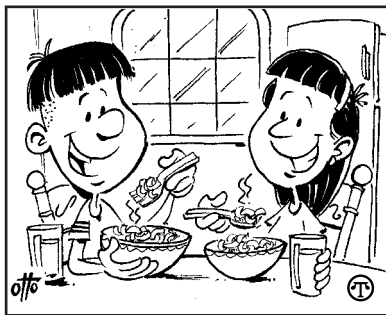
One way parents can boost children's calcium intake is by focusing on healthy, high-calcium meals and snacks.

Here are a few calcium-rich foods to prepare for younger children or that older children can make for themselves:

- Chocolate or strawberry-flavored milk.
- Low-fat mozzarella string cheese.
- Cottage cheese and fruit.
- Macaroni and cheese. One way to take this favorite kids meal to the “max” is with Stouffer's new Maxaroni Mac & Cheese. The meal is an excellent source of calcium with one serving containing as much calcium as an eight ounce glass of milk.

This totally extreme meal is made just for kids with a mild blend of American and Cheddar Cheeses. Plus, since Maxaroni is made with wholesome ingredients such as 100 percent real cheese, skim milk and fresh pasta, moms can feel good about serving their kids a delicious dinner.

“For more than 80 years, Stouffer's has been providing families with convenience and great taste. We thought it was time to create a



One way for kids to get plenty of calcium and enjoy it to the “max,” is a cool, new macaroni meal.

special variation of macaroni and cheese just for kids—the delicious result is Maxaroni,” said Jodie Bender, marketing manager for Stouffer's. “Maxaroni has a milder cheese taste that is more appealing, while providing superior ingredients and calcium that is important to moms.”

Not only does Maxaroni taste good but it looks “cool” so kids will want to fill their plates. Available in a variety of “radical” pasta shapes such as scooters, sunglasses, inline skates, bikes and skateboards, this meal offers a fun and exciting way for kids to get their calcium.

Kids also are partial to Max. Each package provides a glimpse of who Max is and what this “totally cool” character does for fun.

In addition, Stouffer's recently introduced five new Family Style Recipes—Thanksgiving Tonight, Chicken Cordon Bleu Pasta, Potato Pot Roast Bake, Smashed Potatoes, and Hash Brown Potato Casserole.

For more information on Maxaroni or other Stouffer's products,